NOT SHIFTING GEARS: City cyclists swoon over single-speed bikes | **Inside**

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Tuesday

SUSAN WALSH/AP

The Capitol Visitor Center will open on Dec. 2.

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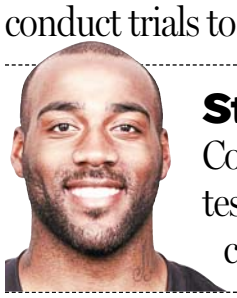

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ENTERTAINMENT

Soul Man: *Seal* is all covers on a new album. Plus, South Africa says goodbye to singer Miriam Makeba.

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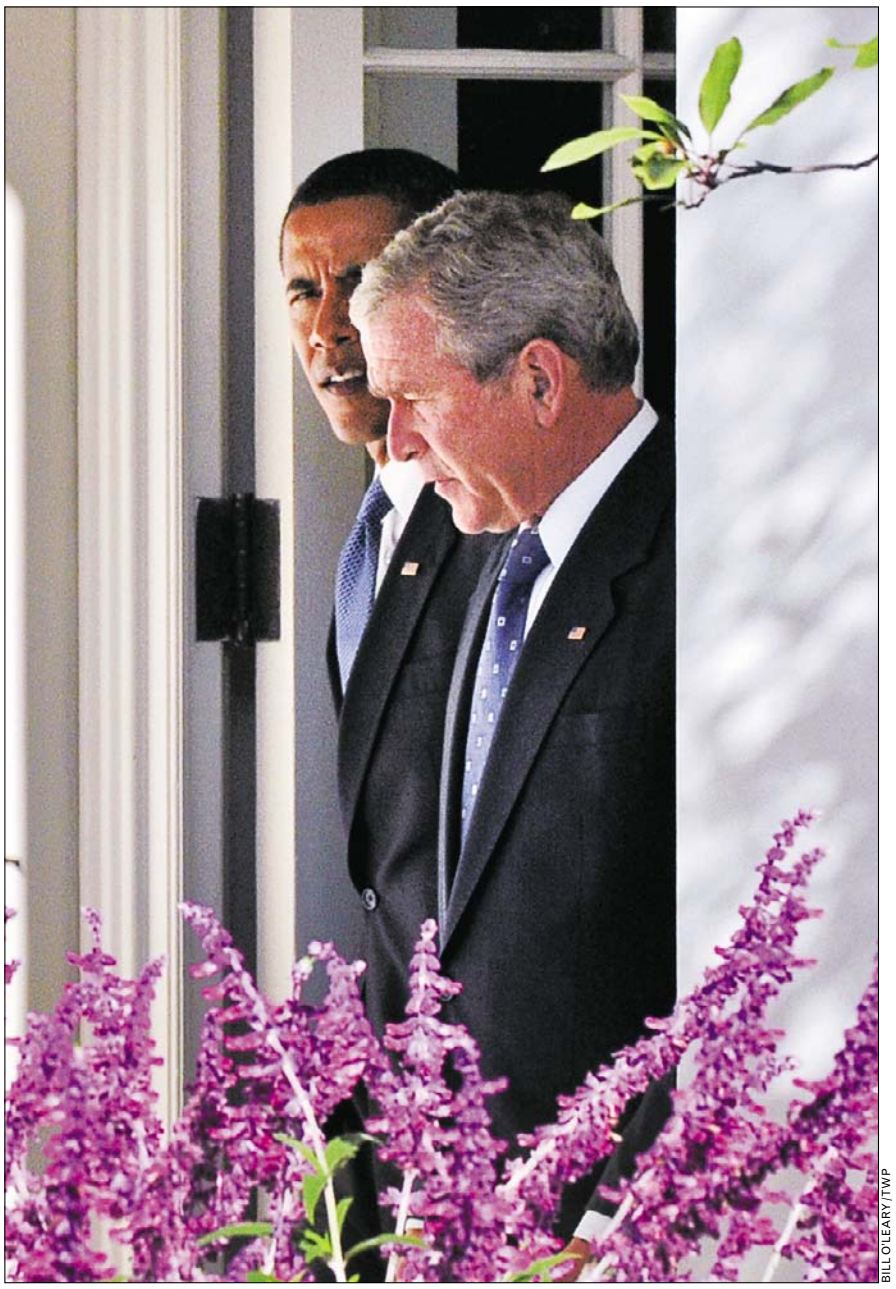

BILL O'LEARY/TWP

Obama, Bush Meet at White House

IN TRANSITION: President-elect Barack Obama and President Bush walk at the White House on Monday. Bush and Obama met privately in the Oval Office for two hours, discussing the economy and transition of power. First lady Laura Bush offered Michelle Obama a quick tour before they talked in the White House residence. ✤ **Sneak peak:** U.S. gets glimpse of Obamas in White House | Page 3

AIG Gets New Aid From U.S.

Insurance giant granted a 2nd bailout by government

WASHINGTON | In a record bailout of a private company, the government on Monday provided a new $150 billion financial-rescue package to troubled insurance giant American International Group, including $40 billion for partial ownership.

The action, announced by the Federal Reserve and the Treasury Department, was taken as it became increasingly clear that an original financial lifeline thrown to AIG in September would be insufficient to stabilize the teetering company. All told, the moves boost aid to the company to more than $150 billion. Fed officials, however, expressed confidence that the money would be repaid to taxpayers.

The $40 billion infusion comes from the recently enacted $700 billion financial bailout package. The government is buying preferred shares of AIG stock, giving taxpayers an ownership stake in the company. In turn, restrictions will be placed on executive compensation at the firm.

The actions were needed to "keep the company strong and facilitate its ability to complete its restructuring process successfully," the Federal Reserve said.

JEANNINE AVERSA (AP)

CASH CRAZE

Bailout policy:

➜ Neel Kashkari, the interim head of the $700 billion bailout program, said he is against the idea of divvying up the bailout outside banks and AIG, despite the auto industry's wishes.

pollcenter SHOULD THE GOVERNMENT OFFER FINANCIAL AID TO THE STRUGGLING AUTO INDUSTRY? Ⓐ YES Ⓑ NO

TO CAST YOUR VOTE, VISIT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 36

TUESDAY	WEDNESDAY	THURSDAY
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TODAY: Sunshine mixing in with some clouds on a cool fall day | 38

eyeOpeners

BAD TIMING

Worst Luck Since the Beginning of Luck

A British pilot who was suddenly blinded by a stroke during a solo flight was talked safely down by a military pilot, the Royal Air Force said Friday. Jim O'Neill asked for help after he went blind 40 minutes into a flight from Scotland to southeastern England last week. The BBC reported that O'Neill, flying a small Cessna aircraft, lost his sight 5,500 feet in the air. "It was terrifying," O'Neill said. "Suddenly, I couldn't see the dials in front of me." The Royal Air Force said in a news release that O'Neill initially believed he'd been "dazzled" by bright sunlight, and made an emergency call for help. He then realized that something more serious was happening, and said, "I want to land ASAP." RAF Wing Cmdr. Paul Gerrard was just finishing a training flight nearby and was drafted in to help the stricken pilot. (AP)

BEBETO MATTHEWS/AP

RECORDS

A Whole Lot of Leg

Svetlana Pankratova, the Russian woman with the world's longest legs, showed off her stems at a news conference in New York's Times Square on Monday. Pankratova's first U.S. appearance kicks off a weeklong national celebration of record-breaking events for Guinness World Records. Pankratova stands 6 feet 5 inches tall with legs measuring 51.9 inches, and we have used our powers of mathematical genius to ascertain the following information: This lady's legs make up almost 68 percent of her body. Holy appendages, Batman. (EXPRESS)

ECONOMY

Shoebox More Secure Than Bank for Money

This stacks up among the better finds at a Goodwill store: $7,500 in cash stuffed in a shoebox. A recent Bulgarian immigrant found the money during her first day on the job last week at a Goodwill near St. Louis in Glen Carbon, Ill. Teodora Petrova didn't hesitate after finding the cash — she turned the money over to a manager who told executives for the nonprofit charity. The president and chief executive of the area's Goodwill organization says it's eager to find the owner of the money. If the owner isn't found, Goodwill says the money will go toward the charity's job-placement efforts. (AP)

ATTITUDE ADJUSTMENTS

Mean and Nasty People Now Feel Really Guilty

A one-eyed, three-legged dog that won the title of world's ugliest pooch this summer has died. The St. Petersburg Times in Florida reports that Gus, a Chinese crested dog, had cancer. He was 9. Gus was rescued from a bad home and went on to win the annual World's Ugliest Dog contest at the Sonoma-Marin Fair in northern California. Gus came from humble origins. According to the fair, his adopted family in Gulfport, Fla., rescued him after learning he was being kept in a crate inside someone's garage. He had one leg amputated because of a skin tumor and lost an eye in a cat fight. (AP)

AP

Gus' crowning achievement was winning the ugliest dog contest. How sad.

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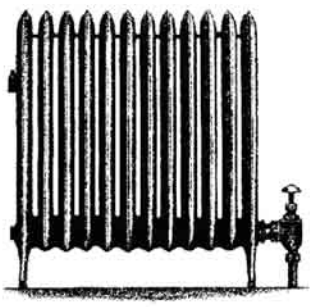

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Nation

Dean Will Step Down From DNC

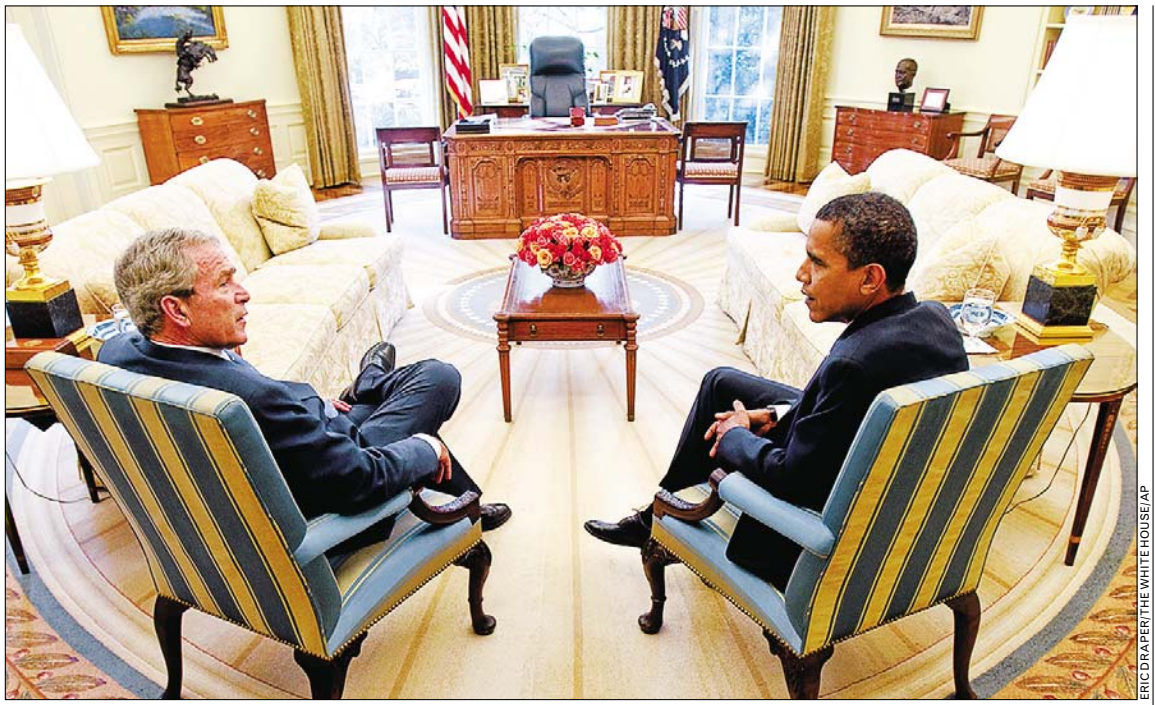
Ex-governor says he will leave committee job in January 2009

WASHINGTON | Democratic National Committee Chairman Howard Dean plans to step down from his post when his term expires in January, aides said Monday.

Dean, a physician and former Vermont governor who was briefly his party's presidential front-runner in 2004, was elected DNC chairman in 2005 and has long vowed to serve only one, four-year term. At a post-election news conference in Washington last week, Dean indicated again that he didn't plan to stay on. President-elect Obama is expected to choose Dean's successor.

Dean

Dean was the architect of a "50-State Strategy," investing money and staff in every state to build party infrastructure and lay the groundwork for electoral gains. The Obama campaign, working with DNC organizers in all 50 states, won several states that had not elected a Democratic president in decades, including Indiana, North Carolina and Virginia. (AP)



ERIC DRAPER/THE WHITE HOUSE/AP

In this photo released by the White House, President Bush and President-elect Obama meet in the Oval Office on Monday.

Obamas Tour White House

Bush spokeswoman: President had 'relaxed' talk with successor

WASHINGTON | All smiles and compliments, President-elect Obama and his wife, Michelle Obama, called on President Bush and first lady Laura Bush Monday in a White House visit that was part political ritual, part practical introduction and a striking symbol of the historic transfer of power to come.

The president and Obama talked war and financial crisis. Laura Bush and Michelle Obama talked about raising daughters in the nation's most famous house.

President Bush and President-elect Obama met alone in the Oval Office.

Then Obama flew back to Chicago to work on setting up the new administration that will take over on Jan. 20.

Michelle Obama hunted for a new school for the kids, visiting two of the capital city's best-known private schools.

If first impressions matter, Obama and his wife displayed one similarity to the super-punctual Bushes, pulling up to the White House's South Portico 11 minutes early. The couples traded warm and easy greetings in the autumn sunshine, with the wives exchanging pleasantries about the fall hues each wore — Laura Bush in a brown dress and Michelle Obama in a red one.

While Bush and Obama, in business suits, proceeded waving and smiling down the White House Colonnade for nearly two hours of private talks, the wives had their own agenda: talk of raising children in most unusual circumstances. the first lady conducted a tour of the living quarters of the historic mansion and made introductions to the army of residence staff who look after first families.

The 43rd president and the man who will be the 44th — and first black — commander in chief met alone in the Oval Office, with no handlers or staff. It was Obama's first time in the storied workspace, even though he had been to the White House previously for events. Nether the Bushes nor the Obamas spoke to reporters, and details about their meetings were few.

White House press secretary Dana Perino said Bush described the meeting as "constructive, relaxed and friendly," covering problems at home and abroad, and that he personally pledged a smooth transition. Bush gave Obama a sneak peek at White House highlights, such as the Lincoln Bedroom and the president's office in the residence, after their hour-plus meeting in the Oval Office.

There was one small but unmistakable sign that it will be Obama who will be in charge before too long: He put his left hand on Bush's back as they went inside the building from Obama's motorcade, as if he were guiding the president into his own house.

Later, as he sat on his plane waiting for takeoff, he was heard saying into his cell phone: "I'm not going to be spending too much time in Washington over the next several weeks." JENNIFER LOVEN (AP)

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Nation

KID-FRIENDLY: Airports across the country will soon have designated security lanes for families to move at their own pace through pre-flight inspections. The Transportation Security Administration is expanding its family lanes to every checkpoint in the country by Nov. 20.

Group Finds, Honors Forgotten Vets

Volunteer project seeks unclaimed remains for proper military burials

RANDOLPH, VT. | In World War II, Samuel Mazur was a tail gunner on a B-17 bomber that flew over Europe.

Three decades later, he died of cancer — with no family at his side — at a Veterans Administration hospital in Vermont. His cremated remains were sent to a funeral home, where they were placed on a shelf and forgotten.

"He had an interesting life," said Euclid Farnham, who knew him. "He really did not have anyone."

Until last week.

On Friday, Mazur got full military honors and was laid to rest along with three other forgotten veterans as part of the Missing in America Project, a volunteer organization that seeks to identify and honor the unclaimed remains of American veterans.

TOBY TALBOT/AP

An honor guard folds a flag during a ceremony with full military honors for forgotten veterans at the Vermont Veterans' Memorial Cemetery in Randolph , Vt., Friday.

There were no family members present, but there were dozens of leather-clad, motorcycle-riding veterans at the Vermont Veterans' Memorial Cemetery, and a military honor guard.

> "The recognition of their [military] service transcends their death."
>
> ARMY COL. JOSEPH KRAWCZYK

"The recognition of their service transcends their death, and in places like this cemetery, we will continue to devote ourselves to their cause," retired Army Col. Joseph Krawczyk said during the ceremony.

In two years, volunteers have visited 592 funeral homes, found 6,327 sets of unclaimed remains, identified 491 of them as belonging to veterans and interred 325, said Bruce Turner, the Vermont coordinator. The Department of Veterans Affairs supports the effort.

"We would support any organization that helps to identify veterans who would be eligible for burial," said VA spokeswoman Josephine Schuda in Washington.

"We can't get into the task of locating and recovering remains, but when a group like this presents identification, the VA will verify eligibility and assist the group to organize burial honors," she said.

Among the other veterans buried along with Mazur:

- Ralph G. Hemphill, who served as a private during World War I;
- Julius John Morse, who served in the Navy in World War II;
- And Doris Ferriter, who was an Army second lieutenant in World War II. WILSON RING (AP)

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"We need you desperately. I don't need to tell you what will happen in our state if we do not prevail." —**Sen. Saxby Chambliss**, urging Georgia Republicans to help him coax voters back to the polls for his expected Dec. 2 runoff against Democrat Jim Martin.

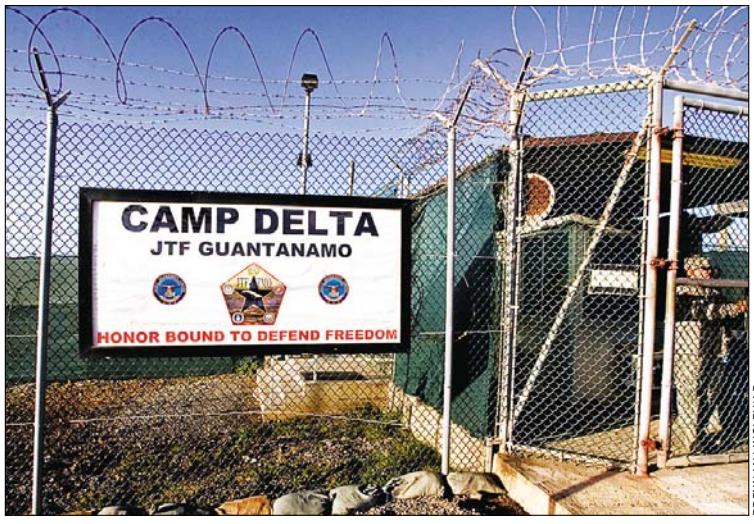
Nation

Obama Advisers Want Gitmo Closed

Detainees could be given open trials in the U.S. court system

WASHINGTON | President-elect Obama's advisers are crafting plans to close the Guantanamo Bay prison and prosecute terrorism suspects in the United States, a plan that the Bush administration said Monday was easier said than done.

Under the plan being crafted inside Obama's camp, some detainees would be released and others would be charged in U.S. courts, where they would receive constitutional rights and open trials. But, underscoring the difficult decisions Obama must make to fulfill his pledge of shutting down Guantanamo, the plan could require the creation of a new legal system to handle the classified information inherent in some of the most sensitive cases.



BRENNAN LINSLEY/AP

In this June 6 photo reviewed by the U.S. military, a guard stands at a gate in the Camp Delta detention compound at U.S. Naval Base Guantanamo Bay in Cuba.

Many of the about 250 Guantanamo detainees are cleared for release, but the Bush administration has not able been to find a country willing to take them.

Advisers participating directly in the planning spoke on condition of anonymity because the plans aren't final.

The plan being developed by Obama's team has been championed by legal scholars from both political parties. But as details surfaced Monday, it drew criticism from Democrats who oppose creating a new legal system and from Republicans who oppose bringing terrorism suspects to the mainland.

The move would mark a sharp change from the Bush administration, which established military tribunals to prosecute detainees at the Navy base in Cuba and strongly opposes bringing prisoners to the United States. MATT APUZZO AND LARA JAKES JORDAN (AP)

Gov. Palin Sorts Clothes She Will Return to RNC

WASILLA, ALASKA | Alaska Gov. Sarah Palin spent part of the weekend going through her clothing to determine what belongs to the Republican Party after it spent $150,000-plus on a wardrobe for the vice presidential nominee, according to Palin's father.

Palin and Sen. John McCain's campaign faced a storm of criticism over the tens of thousands of dollars spent at high-end stores to dress the nominee.

Palin's father, Chuck Heath, said his daughter spent Saturday trying to figure out what belongs to the RNC. Heath dismissed the controversy as "ridiculous" and said his daughter told him the only clothing she had purchased in the last four months was a pair of shoes. (AP)

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Nation

OVER AND OUT: NASA says the Phoenix Mars Lander mission has ended. The spacecraft arrived in the northern polar region of Mars in May. Project manager Barry Goldstein said Monday the team has not heard from Phoenix since Nov. 2.

Friends, Family Defend Slain Father

Man was killed by his 8-year-old son; police unsure of boy's motive

ST. JOHNS, ARIZ. | Hundreds of mourners packed a funeral Monday for a man allegedly fatally shot by his 8-year-old son, while friends and neighbors disputed any suggestion the boy had been abused by his father.

They painted a picture of Vincent Romero as a caring father who seemed to be doing all he could to raise a polite and respectful boy.

"They were always together doing things as a family, fishing, hunting," Carlos Diaz, a cousin of Romero's current wife, said after the funeral Mass at St. John the Baptist Catholic Church.

About 600 people filled the rural Arizona church in this town of about 4,000. People who could not get in crowded around an open door or sat on chairs set up outside.

Romero, a 29-year-old employee of a construction company, was shot with a .22-caliber rifle last Wednesday along with Timothy Romans, a 39-year-old man who rented a room in his house.

Police said Romero's son methodically carried out the killings and confessed. Authorities would not discuss specifics of the confession. The boy has been charged with two counts of murder.

Police Chief Roy Melnick said over the weekend that police were looking into whether the boy might have been abused.

Prosecutors said there was no record of any complaints filed about the boy with Arizona Child Protective Services and that the youngster had no disciplinary record at school.

Romero had full custody of the child. The boy's mother is in Mississippi, according to officials. Police said the boy's stepmother was not home at the time of the shooting.

FELICIA FONSECA (AP)

DANA FELTHAUSER/AP

Attendees of Vincent Romero's funeral service create a barrier around the hearse to block the media as Romero's casket is carried from a church in St. Johns, Ariz.

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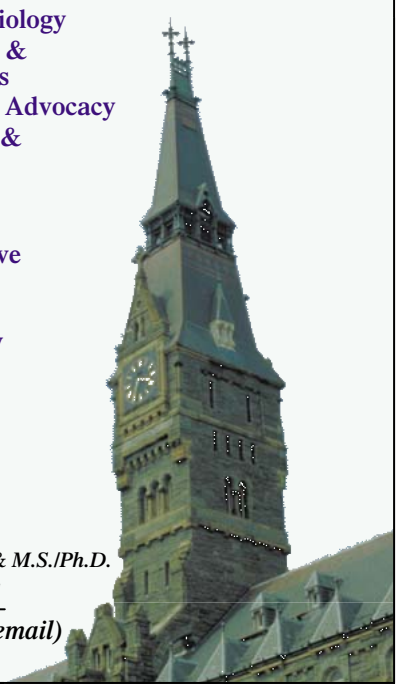

25 reasons to get *The Washington Post.*

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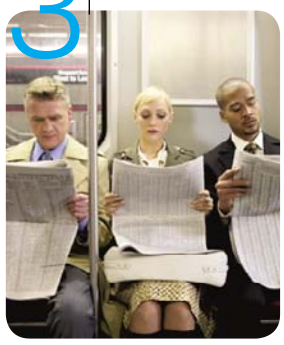

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World

Baghdad Explosions Kill 31 People

Al-Qaeda is suspected in 3 blasts during the morning rush hour

BAGHDAD | A suicide bomber struck a crowd rushing to help schoolgirls trapped in a bus by an earlier bombing Monday, killing at least 31 people — the deadliest in a string of blasts that raise doubts about Iraqi security forces as the U.S. prepares to reduce troops.

The Interior Ministry, which provided casualty figures, said another 71 people were wounded in the twin blasts, the deadliest attack in Baghdad in six weeks. A third blast several hundred yards from the scene in north Baghdad caused no casualties, police said.

No group claimed responsibility for the attacks during the morning rush hour. But suspicion fell on al-Qaeda in Iraq.

The neighborhood where Monday's bombings occurred is predominantly Shiite, but it is part of the largely Sunni district of Azamiyah, which had been an al-Qaeda stronghold until last year.

Col. John Hort, who commands U.S. troops in Azamiyah, called the attack a "despicable, cowardly act of terrorism."

An Interior Ministry official speculated that extremists may have sought to "send a message" to President-elect Barack Obama about "the real situation in Iraq," pressure the government not to sign a new security agreement with the U.S. or embarrass the ruling parties ahead of January elections. ROBERT H. REID (AP)

ALI AL-SAADI/AFP/GETTY IMAGES

People gather at the site of twin bombings that killed at least 31 people and injured 71 in Baghdad, Iraq, on Monday. Al-Qaeda in Iraq is suspected in the explosions.

HATEM MOUSSA/AP

Children read using gas lamps during a power outage in Gaza City on Monday.

Israel Resumes Fuel Shipments To Gaza Strip

JERUSALEM | Israel reversed course Monday and decided to resume fuel shipments to Gaza's electricity plant despite continued rocket fire. Gaza authorities already had shut down the facility, cutting power to much of Gaza City.

Israel stopped the shipments last week and closed Gaza's border crossings in response to a wave of Palestinian rocket attacks, which followed an Israeli incursion into Gaza and a fierce gunbattle between army troops and Hamas forces. The clashes have tested an Egyptian-mediated truce that has held for five months.

Israel is the sole provider of industrial fuel to Gaza's only power plant. Israeli defense officials said Defense Minister Ehud Barak agreed to a request by peace envoy Tony Blair to resume the shipments, and Israel will allow minimal amounts of fuel for the power plant to enter Gaza starting Tuesday. (AP)

NETHERLANDS

VINCENT JANNINK/AFP/GETTY IMAGES

WALK WITH A FLOCK: Girls guide geese to a market in Coevorden, Netherlands, on Monday, as part of a community tradition.

Africans to Test 1st Malaria Vaccine

Medical trial involving 16,000 children will be held in 7 countries

JOHANNESBURG, SOUTH AFRICA | Researchers trying to create the world's first malaria vaccine are launching a large medical trial as early as next month involving 16,000 children that could be the largest such trial ever conducted on children in Africa.

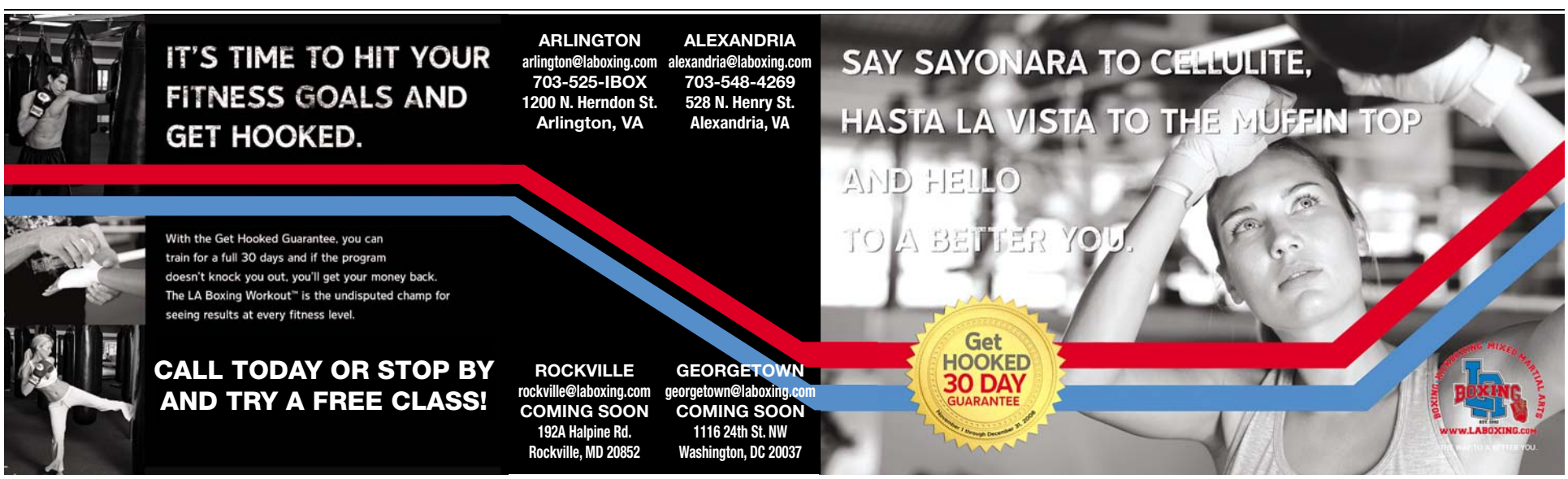
British drugmaker GlaxoSmithKline PLC is teaming with the PATH Malaria Vaccine Initiative, which is an anti-malaria charity funded by the Bill & Melinda Gates Foundation, and clinics and research centers in Africa to develop a malaria vaccine.

"This is probably going to be one of the largest studies in infants and in children in Africa," said Joe Cohen, a top vaccine researcher for GlaxoSmithKline.

Malaria, caused by parasites and spread by mosquitoes, kills nearly 1 million people every year, most of them children in Africa.

The massive vaccine trials will be conducted in Burkina Faso, Gabon, Ghana, Kenya, Malawi, Mozambique and Tanzania.

Dr. Christian Loucq, director of the Malaria Vaccine Initiative, said the project has been working over the past year to upgrade laboratory, computer and other equipment in those countries; train technicians; and even help develop local equivalents of the U.S. Food and Drug Administration to ensure the trials are properly monitored. DONNA BRYSON (AP)



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World

Cholera Spreads In Eastern Congo

Outbreak raises fears of epidemic in camps as conditions worsen

KIBATI, CONGO | A cholera outbreak in a sprawling refugee camp has spread to eastern Congo's provincial capital of Goma, increasing fears of an epidemic amid a tense standoff between troops and rebels, officials said.

Cholera cases rose slightly Monday in the towns of Goma and Kibati, with at least 90 known cases and six new admissions overnight. Officials with Doctors Without Borders said the cases they were treating were well-contained. Only four new ones were reported at the group's clinic in Kibati camp.

But dozens of people have died of cholera in recent weeks elsewhere in eastern Congo. Doctors also fear an epidemic behind rebel lines, where access has been limited by fighting and rebels have driven tens of thousands of people from camps where outbreaks had been contained.

Also, refugee conditions in many places continue to worsen.

In an unofficial refugee camp set up in Goma for park rangers and their families, about 900 people crowded into plastic tents — some smaller than a sport utility vehicle.

URIEL SINAI/GETTY IMAGES

Refugees are treated for cholera at a clinic in Kibati, Congo, on Monday.

Families live less than three feet apart from each other, sharing makeshift showers and scrabbling in the damp dirt to find space to cook, wash clothes and entertain the children. In the last month, 33 people in the camp have contracted cholera. Sixty have contracted malaria. But families keep trickling in to take shelter from the rebels that now hold the park.

"We usually get a lot of new cases of cholera one, two days after the big rains," Shamavu said, as heavy drops began pelting from the dark skies. ANITA POWELL (AP)

COLOMBIA | THOUSANDS PROTEST GOVERNMENT

LUIS ROBAYO/AFP/GETTY IMAGES

LENGTHY DEMONSTRATION: Thousands of indigenous Colombians in Cali, Colombia, begin a 310-mile march to Bogota Monday, to demand President Alvaro Uribe's government respect their rights to land and autonomy.

A quick read on the day's news.

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ANCIENT ELEGANCE: Archaeologists in Jerusalem found a well-preserved 2,000-year-old gold, pearl and emerald earring while excavating the ruins of a Byzantine structure built centuries after the piece was made. Experts think the piece was owned by a member of Jerusalem's elite and passed down through generations.

Quake Recovery Challenges China

6 months after Sichuan disaster, survivors' future remains unclear

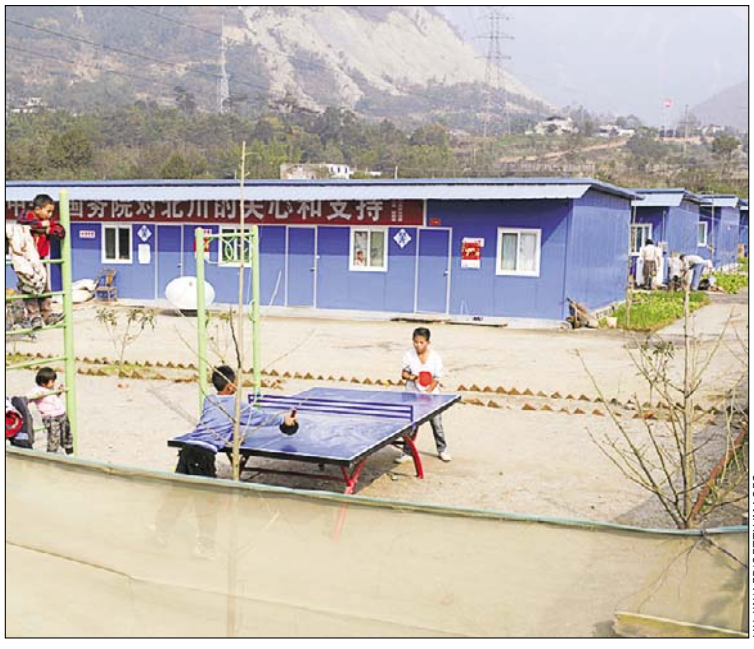
BEICHUAN, CHINA | Sealed off by guards and a chain-link fence ringed with barbed wire, the moment when an earthquake ripped through this region and destroyed Beichuan remains perfectly preserved.

Only a few orange- and blue-roofed buildings, sandwiched between towering piles of rubble, stand amid the mud and rocks that cover the valley floor.

The town was so shattered by the 7.9-magnitude temblor in Sichuan province on May 12 that the government has decided to abandon it and rebuild. The only question is where.

Six months after the worst quake to hit China in three decades, the future remains uncertain for many survivors. Jobs are hard to come by, and government aid payments are about to end. Many people are still in temporary housing.

The earthquake killed 69,227 people and left 17,923 missing and presumed dead. More than 5 million were left homeless. China suffered $123 billion in economic losses.



LIU JIN/AFP/GETTY IMAGES

Children play table tennis at a camp built for survivors of the May 12 earthquake in Beichuan county, China, on Sunday. Many people still live in temporary housing.

> "After the quake, a lot of people came to Beichuan — foreigners and Chinese."
>
> **YU BING**, EARTHQUAKE SURVIVOR

Among the hardest-hit areas was Beichuan county, a region of small mines and tea plantations whose forested hills were home to 160,000 people. The town of Beichuan saw half its 26,000 residents killed and 70 percent of its buildings destroyed.

Along a mountain road overlooking the valley, some survivors sell photos of the town before and after the disaster.

"After the quake, a lot of people came to Beichuan — foreigners and Chinese. On the weekends, hundreds of people come. This is a permanent memory for all people," said 24-year-old Yu Bing.

His display of laminated photos document the first moments of disaster: a huge crack where the road buckled, a fallen woman bleeding, gray dust everywhere.

"No one should forget," he said as he sold a photo for about $1.50 to a visitor from Chengdu, the capital of Sichuan province. TINI TRAN (AP)

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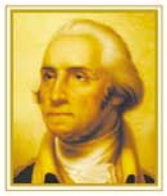

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Local

BALL BONANZA: Ticket sales and sponsorships for the first Hawaii State Society Inaugural Ball on Jan. 20 at the Mandarin Oriental Hotel were slow for three months—until Nov. 4. After Barack Obama was elected, tickets sold out by 8 a.m. Friday, according to The Washington Post.

McAuliffe Files for Va. Gov.

Former Democratic National Committee leader considers run

Terry McAuliffe, a former chairman of the Democratic National Committee, filed paperwork Monday to run for governor of Virginia next year.

McAuliffe said he's still not certain he will formally enter the race, but plans to spend the next two months traveling across the state talking to voters. He will also begin assembling a campaign team.

In an interview Monday, McAuliffe says he will campaign as an outsider who will make improving the state's economy his central issue. "Tim and Mark have done a great job, but they have continually been held back, and I think Richmond has been a roadblock," said McAuliffe, referring to Democratic Gov. Timothy M. Kaine and former governor Mark R. Warner, a Democrat. "Richmond is not doing what needs to be done in terms of forward thinking, big bold ideas. And if I decide to run, I will be all about big, bold ideas."

McAuliffe

In what will be the first Democratic primary for governor in more than two decades, McAulliffe would face Delegate Brian J. Moran of Alexandria and Sen. R. Creigh Deeds of Bath for the nomination.

A Washington Post poll last month showed a three-way race is up for grabs, but McAuliffe said Monday he thinks he would be the strongest leader for the Democratic Party. McAuliffe, a proven fundraiser who lives in McLean, vowed he would "raise the resources to run a first-class campaign" for governor as well as Democrats' efforts to reclaim the House of Delegates.

TIM CRAIG (THE WASHINGTON POST)

WASHINGTON | A RARE SIGHT

TIM SLOAN/AFP/GETTY IMAGES

ARRIVAL ANTICIPATION: Hundreds gather near the White House fence, hoping to catch a glimpse of the arrival of President-elect Barack Obama at the White House Monday. Obama was there to meet with President Bush.

Judge Hears Brain-Dead Boy's Case

A judge heard arguments Monday in the case of a 12-year-old boy who was declared dead by Children's National Medical Center, but he held off making a decision until he can hear from the family and medical experts Thursday.

The parents of Motl Brody, who remains in the hospital's intensive-care unit, did not attend a hearing Monday morning in D.C. Superior Court. Motl has been at the hospital since June 1 and was diagnosed with brain cancer. The hospital says he has no sign of brain activity, meeting the legal definition for death in the District.

Motl's parents, Orthodox Jews from Brooklyn, are challenging the hospital's pronouncement of death based on the absence of brain activity. Their faith does not define death in that way, and they note that Motl still has respiratory and circulatory functions.

KEITH L. ALEXANDER (THE WASHINGTON POST)

The Lotteries

Monday, Nov. 10

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Mid-day DC 4	0-8-4-3

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Mid-day Pick 4	6-6-9-9

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Mid-day Pick 3	7-2-1
Evening Pick 3 (Sun.)	3-7-4
Mid-day Pick 4	2-5-8-3
Evening Pick 4 (Sun.)	7-3-2-2
Mid-day Cash 5	4-9-12-17-22
Evening Cash 5 (Sun.)	1-7-18-21-28

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EDUCATIONAL GIFT: The U.S. Department of Education has granted the University of Maryland $2.4M after naming the school a "minority-serving institution" for Asian Americans.

Local

SUSAN WALSH/AP

The Capitol dome is visible through the skylights of the $621 million Capitol Visitor Center, which is set to open on Dec. 2.

Visitor Center Set to Open

$621M delayed Capitol facility will welcome the public starting Dec. 2

WASHINGTON | Three years behind schedule and almost $360 million over budget, the Capitol Visitor Center prepares to open its doors to millions of tourists who currently must endure long lines without food, restrooms or shelter to catch a glimpse of the halls of Congress.

The underground center, the largest single construction project in the Capitol's two-century history in terms of size and expense, is to open to the public on Dec. 2.

The final cost of the project is put at $621 million, more than double the $265 million estimated cost had the center been completed on schedule in December 2005.

For the 3 million tourists who visit the Capitol every year, the facility is long overdue.

People now form lines at the bottom of Capitol Hill and wait in the heat, the cold and the rain to sign up for tours.

With the Capitol Visitor Center, located underground between the Capitol and the Supreme Court, visits will begin in the vast Emancipation Hall filled with statues moved from the Capitol and a model of the Statue of Freedom that is perched above the Rotunda.

Before beginning tours of the Capitol itself, visitors can stroll through an exhibition hall filled with historic documents, artifacts and interactive computers; see shows in two theaters; and eat in a 530-seat restaurant area.

Among the artifacts are a letter from George Washington to the Continental Congress reporting the defeat of the British at Yorktown, Franklin Roosevelt's "Day of Infamy" speech and John Kennedy's message to Congress proposing travel to the moon.

JIM ABRAMS (AP)

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Money

KEVIN WOLF/AP FILE

Fannie Mae President and CEO Herbert Allison Jr. testifies on Sept. 25 before a House Financial Services Committee hearing on the federal Fannie Mae takeover.

Lender May Tap $100B Federal Aid

Fannie Mae considers seeking financial help as major losses mount

WASHINGTON | Fannie Mae on Monday posted a $29 billion loss in the third quarter as it took a massive tax-related charge, and said it may have to tap the government's $100 billion lifeline in the coming months.

The mortgage finance company, seized by federal regulators more than two months ago, posted a loss of $13 per share for the July-September quarter, mainly due to a $21.4 billion non-cash charge to reduce the value of tax assets. That compares with a loss of $1.4 billion, or $1.56 a share, in the year-ago period.

Washington-based Fannie Mae's net worth — the value of its assets minus the value of its liabilities — fell to $9.4 billion at the end of September, down from $44.1 billion at the end of last year. If that number turns negative, Fannie Mae would be forced to obtain funding from the Treasury Department.

The ultimate bill for taxpayers remains unclear. Jim Vogel, a debt analyst with FTN Financial, said total aid for Fannie and its sibling company Freddie Mac is unlikely to exceed the $200 billion initially pledged by the government.

Despite worsening housing market conditions, Fannie Mae is "still setting aside way more for future losses than they're absorbing today," Vogel said.

Others aren't so sure. Barclays Capital analyst Rajiv Setia said the government's arrangement with Fannie and Freddie "may need to be amended" next year. Many analysts consider Freddie Mac, which is expected to report earnings later this week, to be in worse financial shape. ALAN ZIBEL (AP)

GM: Financing Unit May Go Under

DETROIT | Bad news kept piling up for General Motors Corp. on Monday as its shares plunged to their lowest point in 60 years and the company said in a government filing that the mortgage unit of its finance arm may not survive. GM shares dropped $1 to close at $3.36.

They earlier plummeted as low as $3.02 on increasing worries about accelerating cash burn. That marked the automaker's lowest share price since Dec. 2, 1946, when it hit $3, according to the Center for Research in Security Prices at the University of Chicago. (AP)

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RECESSION SPECIAL: Consumers worldwide who are watching their spending headed to McDonald's for cheap eats in October. The fast-food giant said its global same-store sales jumped 8.2 percent — a bright spot in a dismal month for the restaurant industry.

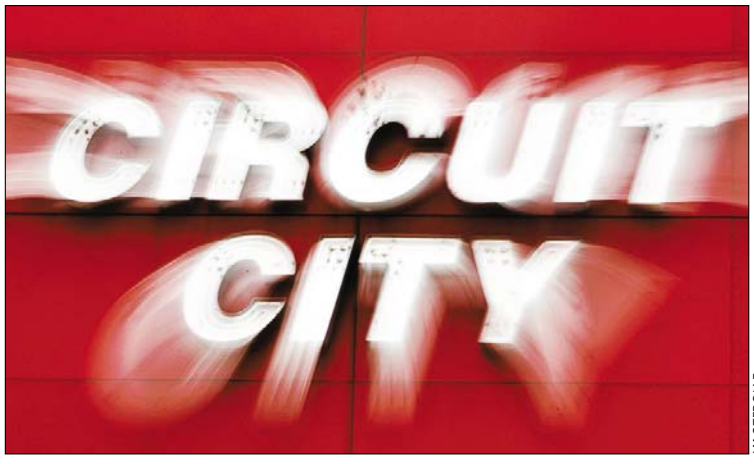
Circuit City Forced Into Bankruptcy

Stores to remain open as retailer develops its reorganization plans

RICHMOND, VA. | Circuit City Stores Inc. filed for bankruptcy protection Monday, heading into the busy holiday season hoping the move will help the nation's second-biggest electronics retailer survive.

The company said it filed because it was facing pressure from vendors who threatened to withhold products during the holiday period. The company also said it cut 700 more jobs at its headquarters, after announcing a week ago that it would close 20 percent of its stores and lay off thousands of workers.

Circuit City filed for Chapter 11 protection, which will allow it to keep operating while it develops a reorganization plan. Its Canadian operations also filed for similar protection.



LM OTERO/AP

Circuit City Stores Inc. filed for bankruptcy protection on Monday. The troubled electronics retailer has posted only one profitable fiscal quarter in the past year.

In court documents, Chief Financial Officer Bruce H. Besanko cited three factors: erosion of vendor confidence, decreased liquidity and the global economic crisis.

"Without immediate relief, the company is concerned that it will not receive goods for Black Friday and the upcoming holiday season, which could cause irreparable harm to the company and its stakeholders," Besanko said in the filing.

Vendors were threatening to keep products from the retailer unless it filed for bankruptcy.

Shares in Richmond, Va.-based Circuit City fell 14 cents, or about 56 percent, to 11 cents on Monday before trading was halted.

Circuit City, which has had only one profitable quarter in the past year, has faced significant declines in traffic and heightened competition from rival Best Buy Co. and others. The company laid off about 3,400 retail employees last year and replaced them with lower-paid workers, a move analysts said could backfire.

While the retail industry overall is facing what's expected to be the weakest holiday season in decades, Circuit City's struggles have intensified as nervous consumers spend less and credit has become tighter.

Circuit City is a well-known brand and could re-emerge from bankruptcy, Stifel Nicolaus & Co. analyst David Schick said in a note to investors. "We believe the marketplace has a slot for a higher-end chain with a commissioned sales force," he said.

Circuit City announced a week ago it planned to close 155 of its more-than 700 U.S. stores by Dec. 31. (AP)

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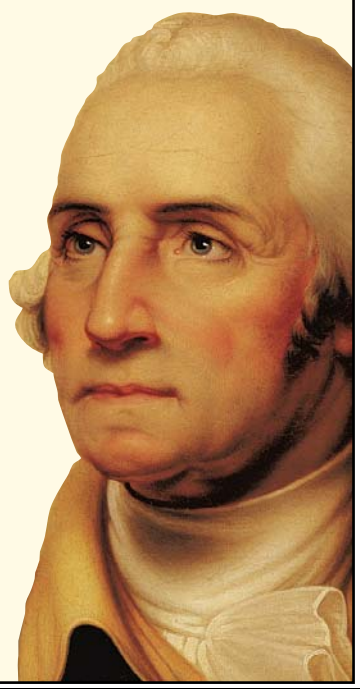

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7.1 | **The amount, in millions of dollars**, a federal jury ordered the NFL Players Association Monday to pay to retired players after finding the union failed to properly market their images. The jury also says the NFLPA should pay an additional punitive damages award.

Sports

JAMIE SQUIRE/GETTY IMAGES

Former Virginia Tech Hokies standout cornerback DeAngelo Hall comes to the Redskins to help an injury-depleted secondary.

Hall Just Wants to Fit In

Outspoken cornerback could test chemistry of veteran defensive unit

REDSKINS | DeAngelo Hall's first regular day with the Washington Redskins was more of a chemistry test than a football exercise.

Coach Jim Zorn opened a team meeting by directly addressing the outspoken cornerback's potential effect on the team's united locker room. Players conjured various scenarios about playing time for the two-time Pro Bowl player, who joins a cornerback crew that already includes two other former first-round draft picks (Carlos Rogers and Shawn Springs) as well as a former second-rounder (Fred Smoot).

"Four different starters. Four different attitudes. Cocky, conceited guys," Rogers said with a smile. "But we're going to make it work. You ain't going to break up no chemistry or nothing like that. It's a lot of talented guys on the field, so we have no choice but to make it work."

Hall signed a one-year contract Saturday and had his first practice Monday as the Redskins returned from a bye-week break.

But his reputation had arrived well ahead of him, especially after he was cut last week by the Oakland Raiders just eight games into a seven-year, $70 million contract. He previously spent four seasons with the Atlanta Falcons, where his obvious talent was sometimes overshadowed by his clashes with coach Bobby Petrino.

> "I have had a lot of success in this league. ... I still have a lot to learn."
>
> **DEANGELO HALL**, REDSKINS CB

"I'm 24 years old," Hall said, addressing reporters at Redskins Park for the first time. "I have had a lot of success in this league, but I am still young. I still have a lot to learn. I still have a lot of maturing to do, and that all comes with time."

Zorn, therefore, couldn't ignore the elephant in the room. The Redskins are 6-3 in part because the players are a tight unit, and he wanted to make sure the high-profile addition didn't add any friction.

"You have to discuss the idea of whether he can fit in," Zorn said. "And one thing I challenged our players with today, and that was to make sure everybody introduces themselves and grabs him into the group — because these guys could have an attitude of, 'Well, this is our team, and you're just coming in here,' and that can't be the way it is." JOSEPH WHITE (AP)

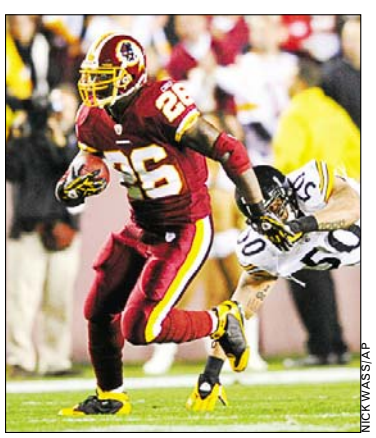
Portis Is '50-50' for Cowboys Game

Head coach Jim Zorn says running back has aggravated knee sprain

REDSKINS | Washington Redskins running back Clinton Portis is "50-50" for Sunday night's game against the Dallas Cowboys because of a sprained knee, a surprise development for a team that had hoped to come back healthy from a bye-week vacation.

Portis, who is second in the NFL in rushing with 995 yards on 200 carries, was not on the field Monday as the Redskins resumed practice after a five-day break. Coach Jim Zorn said the injury Portis suffered in last week's 23-6 loss to the Pittsburgh Steelers was not as innocuous as initially thought.

Portis was hurt on the final play of the first quarter against the Steelers and limped to the sideline with what was initially called a bruised knee, but he returned for the next series and finished the game. The pain got progressively worse over the following days, however, and Zorn said Monday that Portis has a bone bruise on the femur as well as a sprain.



NICK WASS/AP

Clinton Portis is "50-50" for Sunday's Cowboys game, according to Jim Zorn.

"He's questionable," Zorn said. "I'd say there's a 50-50 chance. I'm hoping that he'll be even better than that. Another day of rest, and then we'll see how he comes in on Wednesday. ... We've got to get the pain out of the knee and see how he progresses along."

Portis' absence from a major game against a division rival would be tough to overcome. He's been the engine of the Redskins offense, and his primary backup, Ladell Betts, has missed the last three games with a knee injury. Shaun Alexander, signed after Betts got hurt, has contributed little, and Rock Cartwright, is heavily involved with special teams. JOSEPH WHITE (AP)

Swengali

REDSKINS | BY MATT SWENSON

Portis in Running For League MVP

WHEN CLINTON PORTIS first came to Washington, all he would talk about was being paid.

No one pays better than Dan Snyder, who so overjoyed Portis that the running back broke out into characters such as Southeast Jerome.

Portis is still being paid, but the role-playing is gone. All No. 26 is doing now is running toward a possible MVP award.

Nine games into coach Jim Zorn's surprisingly good campaign, Portis — bad knee and all — is second in the league in rushing with 995 yards, a mere 20 yards behind Vikings star Adrian Peterson.

There have been few times when the league's top individual honor has been so up for grabs this late in the season. Eli Manning has to be contender, as do Kurt Warner and Peterson. But don't discount Portis, who would be the first Redskin to win the prize since Joe Theismann did so in 1983.

> All No. 26 is doing now is running toward a possible MVP award.

While the Redskins' offensive shortcomings have been all too apparent in recent weeks, Portis has been the engine driving Washington to all those close wins.

Bruised and beat-up, the Redskins needed this past bye week to heal before a crucial game against their archrival, the Cowboys. A win would doom Dallas and jump-start Washington in its playoff push. A loss would open the door to doubtat a most-inopportune time.

If Portis keeps up the good work, the Redskins will be on the road to the postseason, and he will be rewarded for his efforts.

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Sports

Glennon Provides A Steady Hand

Veteran QB leads the Hokies' offense to its best outing this season

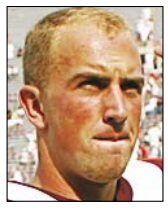
HOKIES FOOTBALL | Sean Glennon sat beaming from ear to ear, grass stains on his uniform and a sense in the air that maybe Virginia Tech had finally found its offense.

The fifth-year senior quarterback heaped credit on tailback Darren Evans for his 253-yard rushing effort, and on the oft-maligned line that blew holes in Maryland's defensive front.

He took the high road when discussing his own on-again, off-again role for the Hokies (6-3, 3-2 Atlantic Coast Conference). "Thursday night. I couldn't think of a game I'd want to get out there more for, so I'm just really, really thankful," Glennon said after Virginia Tech beat Maryland 23-13.

"I've been missing the field so much. Watching from the sidelines, it's been killing me."

The quarterback, anointed the starter two years in a row at Virginia Tech and then benched in favor of the more mobile Tyrod Taylor each time, got the start only because the ankle sprain he sustained 12 days earlier healed faster than the one Taylor suffered the same day.

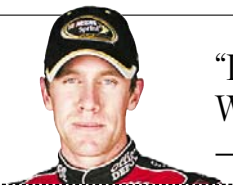

Glennon

Glennon, who finished 14-for-20 for 127 yards and a touchdown, wasn't spectacular against the Terps, but he had no interceptions and no fumbles, and provided a steadying influence.

Suddenly, the Hokies are right back in position to do what the experts expected at the start of the season: Win the ACC's Coastal Division and a spot in the league championship. "We've looked at it as a four-game season," Glennon said. "Nothing that we've done so far even matters, because if we win the rest of our games, we go to the ACC championship game, no questions asked." HANK KURZ JR. (AP)

HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS

1 Texas Tech QB **Graham Harrell** officially moved to the front of the line with a 40-50, 456-yard, six-touchdown performance in a blowout win over Oklahoma State. **2.** QB **Colt McCoy** of Texas bounced back against Baylor, going 26-37 on 300 yards' passing with five touchdowns. **3.** Florida QB **Tim Tebow** continued his one-man show against Vanderbilt, running for 88 yards and two touchdowns while throwing for 171 yards and three other scores. **4.** Oklahoma QB **Sam Bradford** had another high-quality game, completing 22 of 33 passes for 320 yards and four touchdowns. (EXPRESS)



"If he would have some terrible luck in Homestead, we still have a chance. We did the best we could, but it's too big of a spread."

—**Carl Edwards**, on Jimmie Johnson's near-insurmountable lead to win a third-straight NASCAR title.

Holliday Comes Early for Oakland

Sources say Rockies reach agreement to trade outfielder to A's

BASEBALL | Star outfielder Matt Holliday appears headed to the Oakland Athletics in a surprising move for a franchise known more for shedding stars than adding them.

Two people familiar with the proposed deal said Monday the A's and the Colorado Rockies have reached a tentative agreement. Both people spoke on condition of anonymity because the trade had not been finalized and details were still in the works.

It was unclear who Colorado would get for the two-time All-Star. One of the people said reliever Huston Street, lefty starter Greg Smith and outfielder Carlos Gonzalez were among the players who had been discussed in recent days.

RUSTY KENNEDY/AP

Sources say 28-year-old Rockies outfielder Matt Holliday is headed to the Athletics in a trade that could send reliever Huston Street and lefty Greg Smith to Colorado.

Holliday, MVP of the 2007 NL championship series, is due to make $13.5 million next season and then will be eligible to become a free agent.

The tentative trade was earlier reported by SI.com and ESPN.com.

The 28-year-old Holliday, playing half his games at Coors Field, has 128 homers and 483 RBI in five big league seasons.

His best year was 2007, when he won the NL batting title with a .340 average and had 36 homers and a league-best 137 RBI in helping the Rockies reach the World Series.

He was runner-up to Philadelphia shortstop Jimmy Rollins for NL MVP. JANIE MCCAULEY (AP)

Longoria, Soto Named MLB's Top '08 Rookies

BASEBALL | Evan Longoria won the American League Rookie of the Year award Monday by unanimous vote, and Geovany Soto ran away with the NL honor.

Following a season of breakthroughs for the AL champion Rays, Longoria became the first Tampa Bay player to win a national award from the Baseball Writers' Association of America.

The power-hitting third baseman received all 28 first-place votes, becoming the AL's first unanimous rookie winner since Nomar Garciaparra in 1997.

Soto, the steady catcher who helped the Cubs win the NL Central title, got 31 of 32 first-place votes. The other went to Cincinnati's Joey Votto. (AP)

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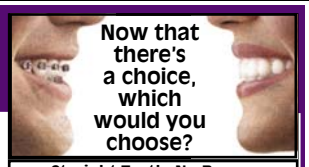

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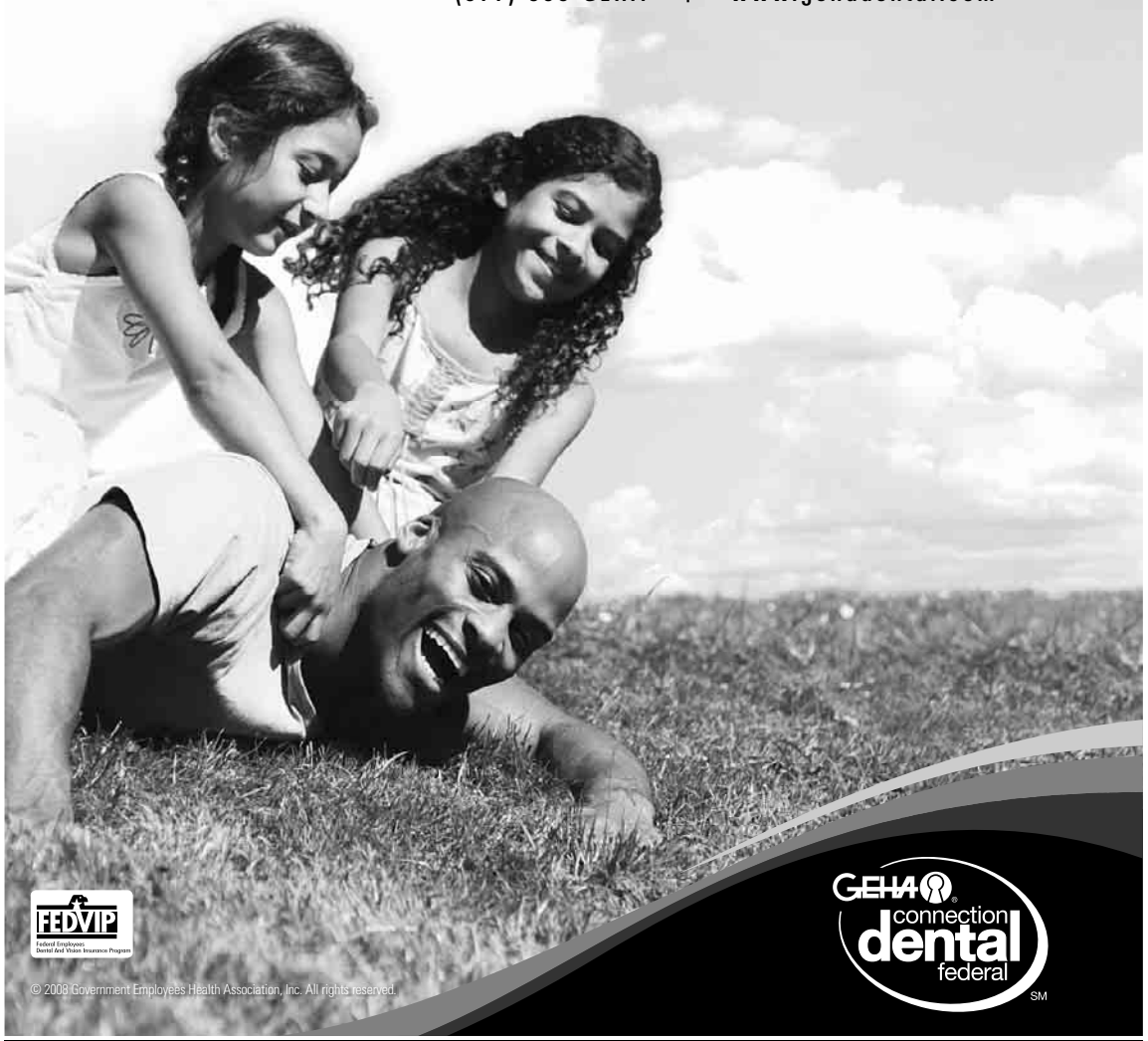

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Sports

PETE MAROVICH/AP/DAILY NEWS-RECORD

Dukes head coach Mickey Matthews knows his team has had a fair amount of luck this year, after a last-second 23-19 Hail Mary win over Villanova Saturday on the road.

Dukes Manage To Avoid Hazards

James Madison sacks any talk of destiny as unlikely wins pile up

COLLEGE FOOTBALL | Mickey Matthews doesn't believe teams are just destined to win. Not with all the hours of work that go into preparing for every practice and every game.

The coach at James Madison, the top-ranked team in the Football Championship Subdivision, will even offer explanations for how his Dukes managed improbable comeback victories against former No. 1 Appalachian State and highly ranked Richmond earlier this season.

But mention the Dukes' last-play, Hail Mary victory at Villanova, and Matthews bursts into hearty laughter. Sometimes plausible explanations don't cover the implausible.

"We work on those plays like everyone does," he said of the one with 4.3 seconds left at Villanova on a windy, rainy Saturday night last month. With the ball on the Villanova 35-yard line, Dukes quarterback Rodney Landers stepped up to avoid pressure and lofted a pass into the end zone, where one of at least four waiting Wildcat defenders batted it away — right to JMU wide receiver Bosco Williams. Touchdown! James Madison won, 23-19.

As the team filed giddily onto the bus for the ride home, players were greeted by cell phones beeping with alerts to missed calls, incoming calls and waiting text messages.

Destiny, many JMU fans told them over and over, was on the Dukes' side. But that's not a belief the players or coaches care to embrace. "Some people might say its destiny. Some people say it's luck," free safety Marcus Haywood said.

"I don't want anybody inside our locker room believing it's destiny, because destiny is nothing. You still have to make it happen on your own."

HANK KURZ JR. (AP)

TODAY'S TV LINEUP

NHL (7 P.M. ON VERSUS) In a rematch of last year's Stanley Cup final and perhaps a preview of this year's championship series, the Pittsburgh Penguins visit the Detroit Red Wings.

COLLEGE FOOTBALL (7 P.M. ON ESPN2) Don't expect Miami (Ohio) to be the team that can spoil No. 14 Ball State's dreams of an undefeated season — and maybe even a BCS bowl.

LIVE FROM NEW YORK, IT'S A GIANT HAT: Tim McGraw will host NBC's "Saturday Night Live" on Nov. 22, joining a short list of country stars — including Garth Brooks, Johnny Cash, Willie Nelson and Dolly Parton — to host the show.

Entertainment

PETER SOREL/SUMMIT ENTERTAINMENT

FOREVER YOUNG: Robert Pattinson, right, stars as a vampire trying to do the right thing in the forthcoming film "Twilight."

The Watch List

This holiday season, you'll get what you wish for in movies

CHOICES | Nixon's back. So are Kate and Leo, Nicole and Baz, a herd of stranded zoo animals, and a very vengeful James Bond.

Despite the harsh economy, Hollywood has been on a box-office roll the last month, and studios head into the year's homestretch with a solid lineup of returns, reunions and promising newcomers that could uphold the old saw about movies as a recession-proof business.

Lighthearted fare such as "Beverly Hills Chihuahua" and "High School Musical 3: Senior Year" provided a brisk prelude to the holiday season, of which the first big offering was the animated sequel "Madagascar: Escape 2 Africa." The movie took box offices by storm this past weekend.

Among other big films: Daniel Craig returns as Bond in "Quantum of Solace"; "Titanic" stars Kate Winslet and Leonardo DiCaprio are together again in the domestic drama "Revolutionary Road"; Nicole Kidman reteams with "Moulin Rouge" director Baz Luhrmann for the World War II-era epic "Australia"; Kidman's ex, Tom Cruise, stars in his own World War II tale, "Valkyrie"; Frank Langella reprises his stage role as Richard Nixon in Ron Howard's "Frost/Nixon"; "Babel" co-stars Brad Pitt and Cate Blanchett reunite for "The Curious Case of Benjamin Button"; Keanu Reeves stars in an update of the sci-fi classic "The Day the Earth Stood Still"; and a best-seller comes to the screen with "Twilight," about a teen's romance with a studly vampire.

Adapted from the first book in Stephenie Meyer's series, "Twilight" stars Kristen Stewart as the new girl at school who falls for the eternally young bloodsucker (Robert Pattinson) from a family of vamps trying to do the right thing by refusing to feed off humans.

Teen girls have been the core audience for the books. But director Catherine Hardwicke figures it's a story everyone can relate to, even her mom's 70-something friends.

"You can relate to falling in love with the wrong person, not your socioeconomic class, not your gender, not your race, or the bad boy in school — someone your family and his family and society doesn't think you should be with," Hardwicke said. "In this case, it's extreme, because he's not the same species."

"Quantum of Solace" picks up where 2006's "Casino Royale" left off, with 007 out to avenge the death of his great love. Bond bounds around the world, going rogue as his quest tosses him up against a phony environmentalist cornering a South American water supply. DAVID GERMAIN (AP)

A New 'Soul' Sings Old Songs

Seal tackles greats of yesteryear with a very masterful touch

MUSIC | There's no doubt his music has always had soul, but now Seal properly covers the genre with his new aptly titled new album, "Soul."

The 12-track collection covers some of the genre's greatest songs. But unlike those ubiquitous "songbook" albums by some other pop stars, Seal doesn't go through the motions; instead he captures the emotion of the era.

His silky-smooth voice cuts through the very best that the Philadelphia, Memphis and Detroit sounds have to offer. Still, one cannot escape the political overtones that pervade a few of the tracks.

Seal opens the record with a cover of Sam Cooke's "A Change Is Gonna Come," the song borne of civil rights era struggles and hopes for a better world. Written by Cooke in 1964 shortly before his untimely death, the recent election of Sen. Barack Obama to the U.S. presidency makes the song seem even more poignant. Equally relevant to the current political climate is the album's closing track, Curtis Mayfield's "People Get Ready."

DAVE HOGAN/GETTY IMAGES

On his new album, Seal covers everyone from Sam Cooke to Otis Redding.

Between those powerful messages are classic songs including James Brown's "It's a Man's Man's World," Ben E. King's "Stand by Me," and Otis Redding's "I've Been Loving You Too Long." JOHN CARUCCI (AP)

STF/AFP/GETTY IMAGES

Mandela hailed Makeba as "a mother to our struggle and to the young nation."

'Mama Africa' Dies at 76

Miriam Makeba's voice trumpeted hope during apartheid

OBIT | She died just how she wanted to — singing onstage for a good cause.

Miriam Makeba, the "Mama Africa" whose sultry voice gave South Africans hope when the country was gripped by apartheid, died early Monday of a heart attack after collapsing onstage in Italy. She was 76.

In her dazzling career, Makeba performed with musical legends from around the world — jazz maestros Nina Simone and Dizzy Gillespie — and sang for world leaders such as President Kennedy and Nelson Mandela.

Her distinctive style — which combined jazz, folk and South African township rhythms — managed to get her banned from South Africa for more than 30 years.

"Her haunting melodies gave voice to the pain of exile and dislocation which she felt for 31 long years. At the same time, her music inspired a powerful sense of hope in all of us," Mandela said in a statement.

He said it was "fitting" that her last moments were spent onstage. CELEAN JACOBSON (AP)

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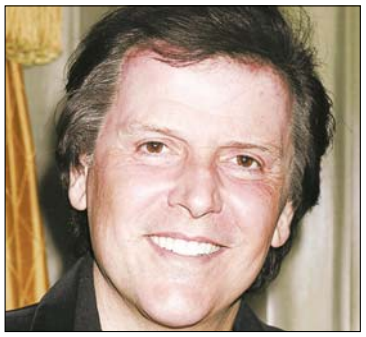
Entertainment

The Man Behind The Music


GETTY IMAGES

Trevor Rabin composed what will be known as Barack Obama's victory music.

COMPOSER | When we were all gathered around the TV last Tuesday night, watching Sen. Barack Obama onstage in Chicago's Grant Park — basking in the glow of his historic victory, with the returns in and the election safely in the bag — the only question that remained unanswered: What was that music playing that served as the underscore to Obama's big moment?

It was obviously a movie score, but from which movie? The first guess, from someone who figured the campaign was going for uplift, was "Chariots of Fire." Wrong. One of my Chicago pals suggested "The Untouchables," figuring 1) it had a nice local angle and 2) it was about Eliot Ness' cleaning up the mob, which has a certain resonance for die-hard Democrats after eight long years of Bush rule. Wrong again.

The answer: Obama's triumphant music was from "Remember the Titans," the Jerry Bruckheimer-produced film from 2000 that stars Denzel Washington as a tough-minded coach of a newly integrated high school football team. The movie's composer, Trevor Rabin, was at home watching with his wife when the music began to swell. "We almost didn't get through the thing, because the phone started ringing and didn't stop," he said.

Rabin reacted to the way his work was played the way most film composers do. "I have to say I was surprised," he said with a laugh. "They played it louder at the rally than they did in the movie. They really cranked it up." PATRICK GOLDSTEIN (LOS ANGELES TIMES)

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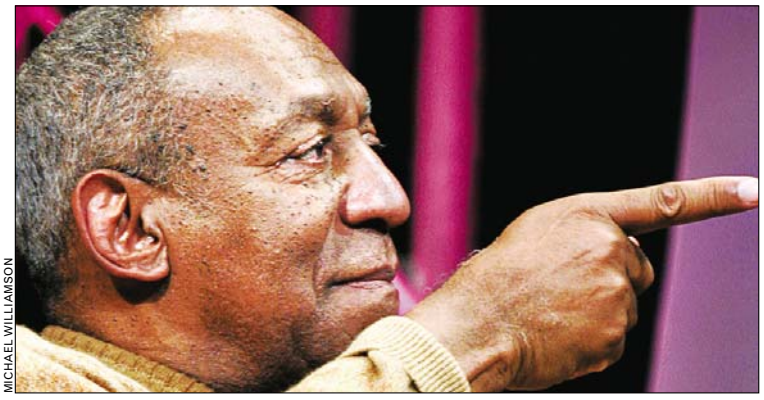
Entertainment

America's Huxtables Are Real

'The Cosby Show' on DVD should strike a chord with the public



MICHAEL WILLIAMSON

Bill Cosby told us so — the Obama family reminds him of his fictional Huxtables.

DVD | Bill Cosby has long bristled at suggestions that his pioneering NBC comedy, "The Cosby Show," was somehow unrealistic in its portrayal of a black upper-middle-class family.

So, with the Obama family set to take up residence in the White House, Cosby reflected on those statements last week with a chuckle. "For all those people who said they didn't know any black people like the Huxtables," Cosby quipped in a phone interview, "all I can say is, 'Will you watch the show now?'"

The entertainer and comedian, who was promoting Tuesday's release of the 25th anniversary box set of "The Cosby Show," also admitted to being pleased with observations about the role of the so-called "Huxtable factor" in Obama's victory.

Said Karl Rove, a former Bush strategist-turned-Fox News commentator, on election night: "We've had an African-American first family for many years in different forms. When 'The Cosby Show' was on, that was America's family. It wasn't a black family. It was America's family."

"The Cosby Show" broke ground in its depiction of a black family during its run from 1984 to 1992. The successful show kicked off a formidable comedy block on Thursday nights and helped to convert the network into a ratings powerhouse for years.

"I like what people are saying now," Cosby said. "All the problems were not necessarily solved but were dealt with without violence. The parents made corrections, and people really enjoyed watching this black family."

Cosby also lamented the virtual invisibility of the black family on TV today. None are featured prominently in series on CBS, NBC, ABC or Fox — and only one broadcast network series, the CW's "Everybody Hates Chris," revolves around a two-parent black family.

GREG BRAXTON (LOS ANGELES TIMES)

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Entertainment

HOW HEROIC: The nominees have been announced: "Iron Man" will battle "The Dark Knight" and "Indiana Jones and the Kingdom of the Crystal Skull" for favorite movie at the 35th annual People's Choice Awards.

Always Room for Improvement

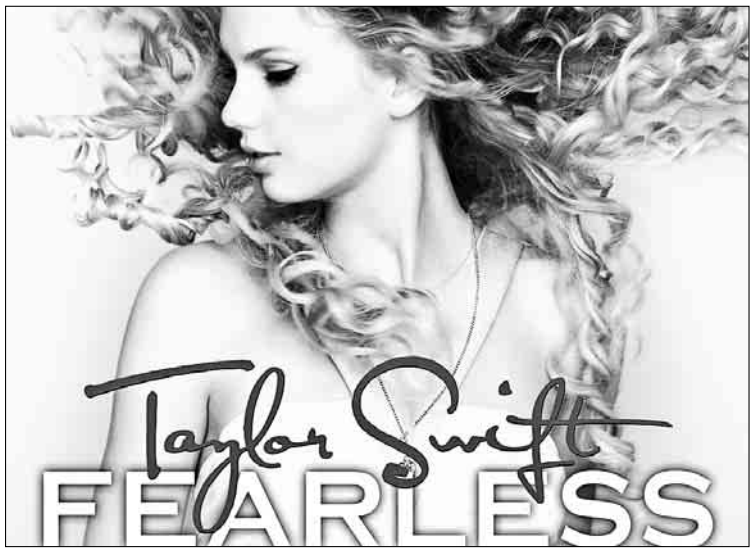
Taylor Swift shows that you can reach the top and stay there

MUSIC | When an unknown teenage artist and an upstart label both come from nowhere to sell well over 3 million albums, the question is: What do you do next? With Taylor Swift's sophomore album, "Fearless," the answer is: You get even better.

There's still the teen angst of love wanted and love rejected from her self-titled debut, which produced such hits as "Tim McGraw," "Teardrops on My Guitar" and "Our Song," but the 18-year-old Swift isn't in high school anymore, and there's more thoughtful maturity in her writing. And some anger.

For the latter, there's the Joe Jonas breakup song "Forever & Always," cut for the album at the last minute and cryptically written in lower case except for the upper-case letters that spell out a high school classroom note code: "IF YOU PLAY THESE GAMES, WE'RE BOTH GOING TO LOSE."

Swift wrote seven of the 13 tracks on the album and co-wrote the rest. Along with "Forever & Always," some are quite personal. On "Fifteen" — a song with musical overtones reminiscent of Janis Ian's "At Seventeen" — she writes of her best high school friend, "Abigail gave everything she had to a boy who changed his mind and we both cried."



BIG MACHINE RECORDS

HIGH SCHOOL MUSICAL 2: Taylor Swift ups the stakes in her sophomore effort.

The album is rich in vocal variety and tempos. The accompaniment ranges from acoustic with a quiet B-3 in the background on "Hey Stephen" to full strings on "Breathe" (not the Faith Hill version) and the powerful album closer "Change."

But the glory of this CD is Swift's writing and how it complements her unique style of singing as she pauses unexpectedly mid-phrase just to emphasize the next word.

Her first album, "Taylor Swift," has spent most of the past two years in the Top 10 on Billboard's country chart and produced five gold or platinum singles. "Fearless," which already has the huge hit "Love Story," appears headed for the same success.

TOM GARDNER (AP)

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MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) ★ (100 330) 600 830
ROLE MODELS (R) - ID REQ'D (1215 245 515) 745 1015
SOUL MEN (R) - ID REQ'D (1130 200 430) 715 1000
CHANGELING (R) - ID REQ'D (315 PM) 630 PM
OC & DA: CHANGELING (R) - ID REQ'D (1200 PM) 945 PM
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1145 215 445) 800 1030
HAUNTING OF MOLLY HARTLEY (PG-13) (100 315 530) 745 1015
SAW V (R) - ID REQ'D (1215 300 530) 815 1035
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (115 400) 700 945
SECRET LIFE OF BEES (PG-13) (1245 345) 645 930
W (PG-13) (330 PM) 630 PM 930 PM
BODY OF LIES (R) - ID REQ'D (400 PM) 700 PM
MAX PAYNE (PG-13) (130 PM) 1030 PM
ROCKNROLLA (R) - ID REQ'D (1230 PM)

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Adv. Tix on Sale TWILIGHT
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ROLE MODELS (R) - ID REQ'D (1200 230 500) 730 1000
SOUL MEN (R) - ID REQ'D (200 430) 730 1030
HAUNTING OF MOLLY HARTLEY (PG-13) (1200 245 515) 745 1000
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (200 445) 800 1030
CHANGELING (R) - ID REQ'D (1245 PM) 715 PM
OC & DA: CHANGELING (R) - ID REQ'D (400 PM) 1015 PM
PRIDE AND GLORY (R) - ID REQ'D 1045 PM
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (130 415) 700 930
SAW V (R) - ID REQ'D (230 500) 800 1045
ROCKNROLLA (R) - ID REQ'D (100 PM)
SECRET LIFE OF BEES (PG-13) (1230 330) 630 930
MAX PAYNE (PG-13) 815 PM 1045 PM
BEVERLY HILLS CHIHUAHUA (PG) (145 PM 430 PM)
EAGLE EYE (PG-13) (400 PM) 700 PM 945 PM

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ROLE MODELS (R) - ID REQ'D (200 500) 745 1030
SOUL MEN (R) - ID REQ'D (145 430) 715 1000
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (100 215 245 315 430 500 530) 700 730 800 915 945 1015
HAUNTING OF MOLLY HARTLEY (PG-13) (145 445) 730 1000
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (200 445) 745 1025
OC & DA: CHANGELING (R) - ID REQ'D (415 PM) 1015 PM
CHANGELING (R) - ID REQ'D (100 PM) 715 PM
PRIDE AND GLORY (R) - ID REQ'D (400 PM) 930 PM
SAW V (R) - ID REQ'D (215 515) 800 1030
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (130 415) 700 945
ROCKNROLLA (R) - ID REQ'D (1255 PM)
W (PG-13) (115 PM) 645 PM
SECRET LIFE OF BEES (PG-13) (130 405) 630 900
BODY OF LIES (R) - ID REQ'D (330 PM) 630 PM 915 PM
FIREPROOF (PG) (115 400) 645 930

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ROLE MODELS (R) - ID REQ'D (115 340) 600 825 1050
SOUL MEN (R) - ID REQ'D (1230 200 315 450 550) 715 820 945 1045
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1200 1225 120 145 210 235 325 355 420 445 535) 605 630 705 750 815 840 915 1000 1025
RW: MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1250 300 510) 720 930
HAUNTING OF MOLLY HARTLEY (PG-13) (1255 335 540) 800 1010
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (130 400 525) 625 755 855
RW & DA: CHANGELING (R) - ID REQ'D (1205 310) 620 920
CHANGELING (R) - ID REQ'D (110 PM) 1020 PM
PRIDE AND GLORY (R) - ID REQ'D 1030 PM
SAW V (R) - ID REQ'D (100 330) 615 830
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (135 430) 700 940
ROCKNROLLA (R) - ID REQ'D 1040 PM
W (PG-13) (125 PM 425 PM) 730 PM
SECRET LIFE OF BEES (PG-13) (1210 240 515) 745 1015
MAX PAYNE (PG-13) (1245 320 545) 805 1035
QUARANTINE (R) - ID REQ'D 1005 PM
BODY OF LIES (R) - ID REQ'D (105 PM 440 PM) 735 PM
BEVERLY HILLS CHIHUAHUA (PG) (1240 305 520) 740
EAGLE EYE (PG-13) (1220 255 530) 810 1050

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SOUL MEN (R) - ID REQ'D (120 150 410 450) 715 745 940 1030
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (100 130 345 415) 630 730 900 1015
RW: MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (200 445) 700 930
HAUNTING OF MOLLY HARTLEY (PG-13) (155 420) 720 945
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (135 400) 655 935
RW & DA: CHANGELING (R) - ID REQ'D (105 405) 710 1010
SAW V (R) - ID REQ'D (115 355) 645 955
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (110 350) 650 1000
SECRET LIFE OF BEES (PG-13) (205 435) 705 950
MAX PAYNE (PG-13) (145 PM 425 PM) 735 PM
EAGLE EYE (PG-13) (140 440) 740 1025
PRIDE AND GLORY (R) - ID REQ'D 1005 PM

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Adv. Tix on Sale QUANTUM OF SOLACE
Adv. Tix on Sale BOLT
Adv. Tix on Sale TWILIGHT
ROLE MODELS (R) - ID REQ'D (1230 300 530) 800 1020
SOUL MEN (R) - ID REQ'D (230 500) 730 1000
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1230 115 200 240 325 410 450 535) 620 700 745 830 910 1000
CHANGELING (R) - ID REQ'D (1230 115 345 430) 700 745 1000
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (145 415) 645 915
BODY OF LIES (R) - ID REQ'D (310 PM) 715 PM
BEVERLY HILLS CHIHUAHUA (PG) (220 PM 440 PM)
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) 730 PM 940 PM
SAW V (R) - ID REQ'D (1245 PM) 1020 PM

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SOUL MEN (R) - ID REQ'D (100 215 315 445 545) 715 815 945 1045
ROLE MODELS (R) - ID REQ'D (300 530) 800 1030
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) ★ (200 430) 700 930
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (115 130 230 330 400 500) 600 630 730 830 900 1000
HAUNTING OF MOLLY HARTLEY (PG-13) (530 PM) 745 PM 1045 PM
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (245 515) 745 1015
CHANGELING (R) - ID REQ'D (100 345) 645 1000
PRIDE AND GLORY (R) - ID REQ'D 1030 PM
SAW V (R) - ID REQ'D (300 515) 800 1030
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (200 430) 700 930
ROCKNROLLA (R) - ID REQ'D (245 PM)
SECRET LIFE OF BEES (PG-13) (230 500) 730 945
MAX PAYNE (PG-13) 715 PM 1015 PM
BEVERLY HILLS CHIHUAHUA (PG) (215 PM 445 PM)

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Adv. Tix on Sale QUANTUM OF SOLACE
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MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1200 230) 500 730 950
ROLE MODELS (R) - ID REQ'D (1150 215) 515 755 1025
SOUL MEN (R) - ID REQ'D (1210 100 255) 400 530 700 810 940 1040
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) ★ (1245) 330 615 900
HAUNTING OF MOLLY HARTLEY (PG-13) (1235 250) 505 735 1005
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1150 220) 450 720 955
CHANGELING (R) - ID REQ'D (1230 PM) 655 PM
SAW V (R) - ID REQ'D (1220 245) 520 740 1015
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1155 235) 510 750 1030
ROCKNROLLA (R) - ID REQ'D 420 PM 1020 PM
W (PG-13) (130 PM) 705 PM
SECRET LIFE OF BEES (PG-13) (1155 225) 455 725 955
MAX PAYNE (PG-13) 430 PM 1010 PM
BODY OF LIES (R) - ID REQ'D (120 PM) 715 PM
RACHEL GETTING MARRIED (R) - ID REQ'D (1250) 350 650 930
OC & DA: CHANGELING (R) - ID REQ'D 340 PM 1000 PM

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

Adv. Tix on Sale QUANTUM OF SOLACE
Adv. Tix on Sale TWILIGHT
ROLE MODELS (R) - ID REQ'D (205 440) 735 1010
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1130 1205 1240 120 155 230 305 345 420 455 530) 610 645 720 755 835 910 945 1020
HAUNTING OF MOLLY HARTLEY (PG-13) (100 320 540) 800 1015
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1200 240 510) 745 1030
ROCKNROLLA (R) - ID REQ'D 1100 (145 430) 725 1025
W (PG-13) (1250 355) 700 1000
BODY OF LIES (R) - ID REQ'D (110 410) 710 1005
THE EXPRESS (PG) (1210 310) 630 935
BEVERLY HILLS CHIHUAHUA (PG) (1130 AM 200 PM 435 PM)
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) 655 PM 920 PM

POTOMAC YARD STADIUM 16
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Adv. Tix on Sale QUANTUM OF SOLACE
Adv. Tix on Sale TWILIGHT
ROLE MODELS (R) - ID REQ'D (1140 215 450) 720 1005
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) ★ (1040 120 345) 610 835
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1000 1120 1215 200 240 425 505) 650 730 915 955
SOUL MEN (R) - ID REQ'D (1050 1150 130 230 415 515) 700 800 940 1040
HAUNTING OF MOLLY HARTLEY (PG-13) (1155 220 440) 705 925
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1130 210 500) 740 1020
OC & DA: CHANGELING (R) - ID REQ'D (355 PM) 1030 PM
CHANGELING (R) - ID REQ'D (1235 135 455) 710 810
PRIDE AND GLORY (R) - ID REQ'D (1030 AM) 1035 PM
SAW V (R) - ID REQ'D (1110 140 405) 630 900
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1000 1240 335) 620 910
ROCKNROLLA (R) - ID REQ'D (150 PM 440 PM) 750 PM
W (PG-13) (1220 330) 640 950
MAX PAYNE (PG-13) 820 PM
BODY OF LIES (R) - ID REQ'D (1010 105 400) 710 1010
BEVERLY HILLS CHIHUAHUA (PG) (1210 PM 250 PM 525 PM)

KINGSTOWNE STADIUM 16
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Adv. Tix on Sale BOLT
Adv. Tix on Sale TWILIGHT
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1200 1250 115 145 215 310 340 410 440 535) 610 635 700 800 830 900 930
RW: MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1230 245 510) 730 1000
ROLE MODELS (R) - ID REQ'D (210 450) 735 1010
SOUL MEN (R) - ID REQ'D (150 425) 745 1020
HAUNTING OF MOLLY HARTLEY (PG-13) (140 400) 705 925
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (200 445) 720 950
CHANGELING (R) - ID REQ'D (1235 345) 655 1005
PRIDE AND GLORY (R) - ID REQ'D (1200 PM)
SAW V (R) - ID REQ'D (130 355) 650 910
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (155 430) 715 955
ROCKNROLLA (R) - ID REQ'D (1245 PM)
W (PG-13) 855 PM
SECRET LIFE OF BEES (PG-13) (220 505) 755 1030
MAX PAYNE (PG-13) (335 PM) 630 PM 915 PM
BODY OF LIES (R) - ID REQ'D (255 PM) 645 PM 945 PM
BEVERLY HILLS CHIHUAHUA (PG) (125 PM 350 PM) 625 PM
EAGLE EYE (PG-13) 1025 PM

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45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale QUANTUM OF SOLACE
Adv. Tix on Sale TWILIGHT
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1130 1200 1230 100 120 150 220 250 320 350 420 450 520 550) 620 650 720 750 820 840 910 940 1010
ROLE MODELS (R) - ID REQ'D (1150 215 455) 740 1020
SOUL MEN (R) - ID REQ'D (140 410) 710 945
HAUNTING OF MOLLY HARTLEY (PG-13) (1255 345) 655 915
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1135 205 435) 725 1030
HIGH SCHOOL MUSICAL 3 SINGALONG - DP (G) (1235 310) 630 920
OC & DA: CHANGELING (R) - ID REQ'D (330 PM) 1000 PM
CHANGELING (R) - ID REQ'D (1215 110 430) 640 800
SAW V (R) - ID REQ'D (1155 225 500) 755 1025
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (200 440) 730 1005
ROCKNROLLA (R) - ID REQ'D (1210 305) 610 850
W (PG-13) 855 PM
SECRET LIFE OF BEES (PG-13) (1240 340) 625 900
MAX PAYNE (PG-13) 700 PM 930 PM
BODY OF LIES (R) - ID REQ'D (1220 325) 635 935
BEVERLY HILLS CHIHUAHUA (PG) (135 PM 400 PM)
EAGLE EYE (PG-13) (1250 405) 705 955
FIREPROOF (PG) (1140 AM 300 PM) 605 PM

FOX STADIUM 16
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Adv. Tix on Sale TWILIGHT
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1120 1200 1240 140 220 300 410 450 530) 640 720 800 910 940 1020
RW: MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1040 110 340) 610 840
ROLE MODELS (R) - ID REQ'D (1110 200 440) 730 1000
SOUL MEN (R) - ID REQ'D (1130 210 510) 740 1015
HAUNTING OF MOLLY HARTLEY (PG-13) (1140 230 510) 745 1005
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1100 150 420) 715 950
RW & DA: CHANGELING (R) - ID REQ'D (1230 350) 700 1010
SAW V (R) - ID REQ'D (1220 250 520) 750 1015
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1045 120 400) 710 945
SECRET LIFE OF BEES (PG-13) (1250 330) 650 930
BODY OF LIES (R) - ID REQ'D (130 430) 725 1025
CITY OF EMBER (PG) (1220 250) 600 820
BEVERLY HILLS CHIHUAHUA (PG) (1040 100 320) 630 850
EAGLE EYE (PG-13) (1220 310) 620 900

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Adv. Tix on Sale TWILIGHT
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) ★ (215 430) 645 900
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1245 130 230 300 345 445 515) 600 700 730 815 945 1030
SOUL MEN (R) - ID REQ'D (110 410) 715 1020
RACHEL GETTING MARRIED (R) - ID REQ'D (100 400) 725 1010
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (235 505) 735 1015
SAW V (R) - ID REQ'D (155 415) 740 1025
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (145 425) 705 940
ROCKNROLLA (R) - ID REQ'D 1005 PM
SECRET LIFE OF BEES (PG-13) (150 450) 720 950

MANASSAS STADIUM 14
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Adv. Tix on Sale QUANTUM OF SOLACE
Adv. Tix on Sale TWILIGHT
MADAGASCAR 2: ESCAPE TO AFRICA (PG) ★ (1115 1200 1230 145 230 300 415 500 530) 645 730 815 930 1000
ROLE MODELS (R) - ID REQ'D (1145 215 515) 745 1015
SOUL MEN (R) - ID REQ'D (1100 200 430) 715 945
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) ★ (1030 100 330) 600 845
HAUNTING OF MOLLY HARTLEY (PG-13) (130 445) 810 1040
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1050 210 520) 800 1045
CHANGELING (R) - ID REQ'D (1130 245) 615 920
PRIDE AND GLORY (R) - ID REQ'D 1030 PM
SAW V (R) - ID REQ'D (150 510) 750 1020
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1015 1245 345) 630 915
ROCKNROLLA (R) - ID REQ'D (410 PM) 1010 PM
SECRET LIFE OF BEES (PG-13) (1045 115 400) 700 950
BODY OF LIES (R) - ID REQ'D (1250 PM) 720 PM
BEVERLY HILLS CHIHUAHUA (PG) (1215 315) 640 910

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12:10, 2:50, 5:20, 7:40, 10:10

DIGITAL PRESENTATION
HIGH SCHOOL MUSICAL 3: SENIOR YEAR SING-ALONG (G) 1:25, 7:00
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 4:10, 9:50

MADAGASCAR: ESCAPE 2 AFRICA (PG) (11:30 @ $6), 12:40, 1:20, 2:00, 3:20, 4:00, 4:30, 5:50, 6:30, 7:00, 8:20, 9:00, 9:30
ROLE MODELS (R) (11:00 @ $6), 12:50, 1:40, 3:30, 4:15, 5:55, 7:10, 8:25, 9:45
SOUL MEN (R) (11:10 @ $6), 1:00, 2:20, 4:05, 5:15, 7:20, 8:10, 10:00
THE HAUNTING OF MOLLY HARTLEY (PG13) 12:35, 3:05, 5:25, 7:50, 10:10
ZACK AND MIRI (R) 1:15, 4:20, 7:10, 10:00
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (11:40 @ $6), 2:25, 5:10, 8:00
PRIDE AND GLORY (R) 4:40
SAW V (R) (11:20 @ $6), 2:00, 4:35, 7:25, 9:55
MAX PAYNE (PG13) (11:25 @ $6), 2:05, 4:55, 7:35, 10:05
BODY OF LIES (R) (11:05 @ $6), 2:10, 5:05, 8:05
BEVERLY HILLS CHIHUAHUA (PG) 12:15, 2:30, 4:50
EAGLE EYE (PG13) 1:45, 4:45, 7:40, 10:25

AMC SELECT
HOUSE (R) 1:35, 4:25, 7:30, 10:15
CHANGELING (R) 12:45, 4:00, 7:15, 10:30
ROCKNROLLA (R) 7:05, 10:20
THE SECRET LIFE OF BEES (PG13) 1:10, 3:55, 6:45, 9:40
W. (PG13) 1:30, 7:55
RACHEL GETTING MARRIED (R) (11:15 @ $6), 2:15, 5:00, 7:45, 10:35

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

IMAX MADAGASCAR: ESCAPE 2 AFRICA: THE IMAX EXPERIENCE (PG) ✓
2:00, 4:30, 7:00, 9:30

DIGITAL PRESENTATION
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G)
1:00, 4:20, 7:15, 9:50

MADAGASCAR: ESCAPE 2 AFRICA (PG) ✓ 12:45, 1:30, 3:00, 4:00, 5:30, 6:30, 8:00, 9:00, 10:30
ROLE MODELS (R) (11:40 @ $6), 2:20, 4:45, 7:10, 9:35
SOUL MEN (R) 12:00, 2:30, 5:10, 7:35, 10:05
ZACK AND MIRI (R) 12:45, 3:10, 5:45, 8:10, 10:35
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (11:45 @ $6), 2:25, 5:15
PRIDE AND GLORY (R) 4:15, 10:00
SAW V (R) 12:20, 2:50, 5:20, 7:45, 10:10
MAX PAYNE (PG13) 7:50, 10:15
BODY OF LIES (R) 1:20, 7:05
BEVERLY HILLS CHIHUAHUA (PG) 3:50, 6:45
EAGLE EYE (PG13) (11:35 @ $6), 2:15, 5:00, 7:40, 10:20

AMC SELECT
CHANGELING (R) (11:50 @ $6), 3:15, 6:40, 9:45
ROCKNROLLA (R) 11:00 PM
THE SECRET LIFE OF BEES (PG13) (11:15 @ $6), 1:50, 4:35, 7:20, 9:55

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION
NICK & NORAH'S INFINITE PLAYLIST (PG13)
12:30, 3:00, 5:20, 7:50, 10:20

MADAGASCAR: ESCAPE 2 AFRICA (PG) ✓ (11:30 @ $6), 2:00, 4:30, 7:15, 9:45
ROLE MODELS (R) ✓ 12:10, 2:40, 5:30, 8:00, 10:30
SOUL MEN (R) ✓ (11:30 @ $6), 2:00, 4:50, 7:30, 10:10
ZACK AND MIRI (R) (11:00 @ $6), 1:30, 4:10, 7:00, 9:50
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 2:20, 5:00, 7:40, 10:30
PRIDE AND GLORY (R) 4:20, 10:00
SAW V (R) 12:20, 2:50, 5:05, 7:35, 9:40
BODY OF LIES (R) 1:20, 4:40, 8:05, 10:35
BODY OF LIES (R) 1:20, 4:40, 8:05, 10:35

AMC SELECT
CHANGELING (R) 1:50, 5:10, 8:20
ROCKNROLLA (R) (11:40 @ $6), 2:30, 5:35, 8:30
THE SECRET LIFE OF BEES (PG13) (11:10 @ $6), 1:40, 4:30, 7:10, 10:05
W. (PG13) 1:10, 4:00, 7:05, 10:15
THE DUCHESS (PG13) 1:45, 7:20
BURN AFTER READING (R) 1:00, 3:20, 5:40, 8:10, 10:25

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

IMAX MADAGASCAR: ESCAPE 2 AFRICA: THE IMAX EXPERIENCE (PG) ✓
(11:30 @ $9), 2:00, 4:30, 7:00, 9:30

DIGITAL PRESENTATION
HIGH SCHOOL MUSICAL 3: SENIOR YEAR SING-ALONG (G) (10:55 @ $6), 4:25, 9:45
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G)
1:45, 7:05

MADAGASCAR: ESCAPE 2 AFRICA (PG) ✓ (9:55, 11:00 @ $6), 12:15, 1:30, 2:45, 4:00, 5:15, 6:30, 7:45, 9:00, 10:15
ROLE MODELS (R) ✓ 12:00, 2:30, 5:00, 7:30, 10:05
SOUL MEN (R) ✓ (10:00, 11:40 @ $6), 12:30, 2:10, 3:00, 4:40, 5:30, 7:10, 8:00, 9:40, 10:30
THE HAUNTING OF MOLLY HARTLEY (PG13) (11:25 @ $6), 1:40, 4:05, 6:35, 9:05
ZACK AND MIRI (R) (11:35 @ $6), 2:15, 4:50, 7:25, 10:10
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (11:45 @ $6), 2:25, 5:10
PRIDE AND GLORY (R) 9:55 PM
SAW V (R) (11:20 @ $6), 1:55, 4:20, 6:45, 7:50, 9:20, 10:20
MAX PAYNE (PG13) 12:20, 2:50, 5:20, 7:55, 10:25
BODY OF LIES (R) 1:35, 7:30
BEVERLY HILLS CHIHUAHUA (PG) (9:55 @ $6), 12:10, 2:35, 4:55, 7:20
EAGLE EYE (PG13) 7:35, 10:20

AMC SELECT
CHANGELING (R) 12:05, 3:15, 6:25, 9:35
ROCKNROLLA (R) 4:45, 10:25
THE SECRET LIFE OF BEES (PG13) (11:05 @ $6), 1:50, 4:35, 7:15, 10:00
W. (PG13) (10:15 @ $6), 1:15, 4:15
RACHEL GETTING MARRIED (R) (10:05 @ $6), 12:50, 3:50, 6:50, 9:50

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

SOUL MEN (R) ✓ (10:10 @ $6), 12:50, 3:10, 5:30, 8:00
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (11:00 @ $6), 1:40, 4:20, 6:50
PRIDE AND GLORY (R) (11:10 @ $6), 2:00, 7:00
SAW V (R) 4:50
NIGHTS IN RODANTHE (PG13) (10:20 @ $6), 12:40, 3:00, 5:20, 7:30

AMC SELECT
CHANGELING (R) (10:00 @ $6), 1:00, 4:10, 7:20
THE SECRET LIFE OF BEES (PG13) (11:30 @ $6), 2:10, 4:40, 7:10
THE DUCHESS (PG13) 12:10, 2:40, 5:10, 7:40
RACHEL GETTING MARRIED (R) 12:00, 2:30, 5:10, 7:50

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

MADAGASCAR: ESCAPE 2 AFRICA (PG) (10:45, 11:30 @ $6), 1:00, 2:00, 3:30, 4:30, 6:05, 7:00, 8:30, 9:30
ROLE MODELS (R) 12:15, 2:40, 5:10, 7:40, 10:15
SOUL MEN (R) (11:15 @ $6), 12:30, 2:15, 3:00, 4:45, 5:30, 7:15, 8:00, 9:45, 10:20
ZACK AND MIRI (R) 12:10, 2:35, 5:05, 7:35, 10:10
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (10:40 @ $6), 1:30, 4:10, 7:10, 9:50
PRIDE AND GLORY (R) (10:50 @ $6), 1:50
SAW V (R) 12:20, 2:45, 5:15, 7:45, 10:15
MAX PAYNE (PG13) 7:25, 9:55
BEVERLY HILLS CHIHUAHUA (PG) 12:05, 2:20, 4:40
EAGLE EYE (PG13) 4:50, 7:30, 10:15
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 7:05, 10:05

AMC SELECT
ROCKNROLLA (R) (11:00 @ $6), 1:35, 4:35
THE SECRET LIFE OF BEES (PG13) (10:35 @ $6), 1:20, 4:20, 7:20, 10:00

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
WHAT JUST HAPPENED (R) (11:30 @ $6), 2:10, 5:00, 7:40
HAPPY-GO-LUCKY (R) (11:20 @ $6), 2:00, 4:40, 7:10
SYNECDOCHE, NEW YORK (R) (11:00 @ $6), 1:50, 4:30, 7:20
THE SECRET LIFE OF BEES (PG13) (11:50 @ $6), 2:20, 4:50, 7:30
THE DUCHESS (PG13) (11:10 @ $6), 1:40, 4:10, 7:00
RACHEL GETTING MARRIED (R) (11:00 @ $6), 1:40, 4:20, 7:00
RELIGULOUS (R) (11:40 @ $6), 2:30, 4:45, 7:50

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

AMC SELECT
W. (PG13) 2:00, 5:00, 8:05

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION
MADAGASCAR: ESCAPE 2 AFRICA (PG) ✓
(10:00 @ $6), 12:30, 3:00, 5:30, 7:45, 10:15

MADAGASCAR: ESCAPE 2 AFRICA (PG) ✓ (10:45, 11:30 @ $6), 1:15, 2:00, 3:45, 4:30, 6:15, 7:00, 8:30, 9:30, 10:55
ROLE MODELS (R) ✓ 12:50, 3:20, 5:55, 8:20, 10:40
SOUL MEN (R) ✓ (11:00 @ $6), 1:35, 4:00, 7:00, 9:35
ZACK AND MIRI (R) (10:10 @ $6), 12:45, 5:50, 8:15, 10:45
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (10:30 @ $6), 12:05, 1:10, 2:40, 4:05, 7:10, 9:45
PRIDE AND GLORY (R) 10:00 PM
SAW V (R) (10:35 @ $6), 1:05, 3:30, 5:45, 8:00, 10:20
MAX PAYNE (PG13) (10:05 @ $6), 12:30, 2:50, 5:10, 7:35, 10:05
BODY OF LIES (R) (10:55 @ $6), 1:55, 4:55, 7:55, 10:50
BEVERLY HILLS CHIHUAHUA (PG) (10:15 @ $6), 12:40, 3:05, 5:20, 7:40
NICK & NORAH'S INFINITE PLAYLIST (PG13) (10:20 AM @ $6), 12:35 PM
EAGLE EYE (PG13) (10:40 @ $6), 1:30, 4:40, 7:50, 10:35
EAGLE EYE (PG13) (10:40 @ $6), 1:30, 4:40, 7:50, 10:35

AMC SELECT
CHANGELING (R) 1:00, 4:20, 7:30, 10:40
ROCKNROLLA (R) (11:05 @ $6), 1:45, 4:35, 7:15, 9:55
THE SECRET LIFE OF BEES (PG13) 2:55, 5:35, 8:10, 10:45
W. (PG13) 5:15, 8:05, 11:00

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

MADAGASCAR: ESCAPE 2 AFRICA (PG) ✓ (10:00 @ $6), 12:15, 2:45, 5:30, 8:00
ROLE MODELS (R) ✓ (10:10 @ $6), 12:40, 3:00, 5:20, 7:50
SOUL MEN (R) ✓ (11:50 @ $6), 2:20, 5:00, 7:30
ZACK AND MIRI (R) (11:30 @ $6), 2:30, 5:10, 7:40
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (10:45 @ $6), 1:30, 4:15, 7:00
BODY OF LIES (R) (10:50 @ $6), 1:40, 4:30, 7:20

AMC SELECT
CHANGELING (R) 1:50, 4:55, 7:55

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL PRESENTATION
EAGLE EYE (PG13) 12:05, 2:40, 5:20, 8:05, 10:45

MADAGASCAR: ESCAPE 2 AFRICA (PG) ✓ (11:00, 11:45 @ $6), 12:30, 1:30, 2:30, 3:15, 4:15, 5:05, 5:45, 6:45, 7:30, 8:15, 9:15, 10:00, 10:30
MADAGASCAR: ESCAPE 2 AFRICA (PG) ✓ (11:45 @ $6), 2:30, 5:05, 7:30, 10:00
ROLE MODELS (R) ✓ 12:10, 2:35, 5:00, 7:25, 9:45
SOUL MEN (R) ✓ 12:15, 2:45, 5:25, 7:50, 10:15
THE HAUNTING OF MOLLY HARTLEY (PG13) (11:25 @ $6), 1:40, 4:05, 6:20, 8:30, 10:40
ZACK AND MIRI (R) 12:25, 2:50, 5:30, 7:55, 10:20
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (11:45 @ $6), 2:20, 4:55, 7:35, 10:25
PRIDE AND GLORY (R) 10:55 PM
SAW V (R) (11:55 @ $6), 2:10, 4:20, 7:00, 9:20
MAX PAYNE (PG13) (11:50 @ $6), 2:10, 4:35, 7:00, 9:20
BODY OF LIES (R) (11:15 @ $6), 2:25, 5:15, 8:10, 11:00
BEVERLY HILLS CHIHUAHUA (PG) (11:40 @ $6), 1:55, 4:10, 6:30

AMC SELECT
HOUSE (R) (11:20 @ $6), 1:40, 4:05, 6:20, 8:30, 10:40
CHANGELING (R) 12:20, 4:00, 7:05, 10:10
ROCKNROLLA (R) 9:00 PM
THE SECRET LIFE OF BEES (PG13) (11:30 @ $6), 2:00, 4:40, 7:15, 9:50
W. (PG13) (11:10 @ $6), 2:05, 5:10, 8:00
RACHEL GETTING MARRIED (R) ✓ (11:05 @ $6), 1:45, 4:25, 7:10, 9:55

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

MADAGASCAR: ESCAPE 2 AFRICA (PG) (11:30 @ $6), 2:00, 4:30, 7:00
ZACK AND MIRI (R) (11:40 @ $6), 2:05, 4:35, 7:15
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (11:25 @ $6), 2:15, 4:50, 7:35

AMC SELECT
CHANGELING (R) (11:20 @ $6), 2:45, 7:05
W. (PG13) (11:15 @ $6), 4:40
THE DUCHESS (PG13) 2:10, 7:30

Times for Tuesday, November 11, 2008

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INFORMATION SESSION

Wednesday, November 12, 2008 | 6:30 p.m.

GEORGETOWN UNIVERSITY ALUMNI HOUSE
3604 O Street NW, Washington, DC 20057

To RSVP, visit
scs.georgetown.edu/mals or call 202.687.2800

NOW ACCEPTING APPLICATIONS

Television

THE NOT-WINNER: Sen. John McCain will make his first post-election TV appearance on the "Tonight Show" this week. The GOP presidential candidate and former POW is set to join host Jay Leno on Tuesday in honor of Veterans Day, the network announced.

New Show Cuts to the 'Cha$e'

A glorified game of tag brings a video game to life on Sci Fi

OBSTACLE COURSE | A hybrid of a reality competition and a video game, "Cha$e" (10 p.m., Sci Fi) is one of those high-concept ideas that's so bad and so obvious you have to wonder why it hasn't been tried before.

A dozen or so players try to survive for an hour to win a $50,000 prize. As in a video game, they have various obstacles to overcome in order to obtain various tools and means of immunity. As the game progresses, the host, Trey Farley, releases an increasing number of "Hunters" to catch and eliminate the players. For all of the gadgetry, it's basically an hour-long game of tag. Make that a game of tag you're not playing.

SCI FI

LEADER OF THE HUNT: Trey Farley hosts the glorified game of tag known as "Cha$e."

And it's not like "Survivor," where you have nice scenery and the time for melodrama to develop among players. The first episode of "Cha$e" is shot in an industrial section of Los Angeles that looks like the kind of place a body might be dumped in a Quentin Tarantino movie. And that would be 10 times more exciting than "Cha$e." KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

VIOLENT TOLL
The documentary **BODY OF WAR** (7 p.m., Sundance) looks at wounded Iraq war veterans.

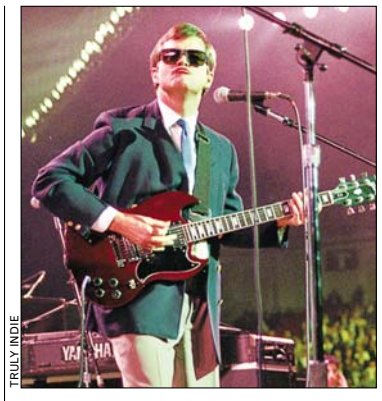
HOMEBODY
Agoraphobia limits options on **HOUSE** (8 p.m., Fox).

POUND SHEDDERS
The scales tell the tale on **BIGGEST LOSER: FAMILIES** (8 p.m., NBC).

BRAINS OF THE OPERATION
"Frontline" (9 p.m., PBS) offers **BOOGIE MAN: THE LEE ATWATER STORY**, a revealing profile of the late, larger-than-life campaign manager who helped George H. W. Bush win the presidency in 1988.

SHARING IS CARING
A parasite spreads from an FBI agent to a wider community on **FRINGE** (9 p.m., Fox).

CHOO, CHOO!
Shot in high definition and hosted by conductor Matt Brown, **EXTREME TRAINS** (10 p.m., History) profiles great locomotives of the past and present.



TRULY INDIE

The man himself gets down in "Boogie Man: The Lee Atwater Story" on PBS.

FACE PAINTING
Vanessa Marcil hosts **BLUSH: THE SEARCH FOR THE NEXT GREAT MAKEUP ARTIST** (10 p.m., Lifetime). Nine contestants compete for the title during six episodes. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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Wide-Awake and Talking

Bruno Wizard chats eagerly about a tour years in the making

FOR AN MP3 of the Homosexuals' "Slow Guns," visit **Expressnightout.com**

MUSIC | Bruno Wizard, mastermind of the late '70s and early '80s British art-punk band the Homosexuals, loves to talk. "I'm a walking bundle of ideas," the vocalist said before launching into another monologue about the record industry, not selling out, drug addiction, being an artist and the Law of Nature.

"In 1985, '86, I discovered the Law of Nature, which says naught point naught, naught, naught, naught, naught, naught 1 percent is aware of the true nature of things. The rest are asleep," said the intensely DIY artist, who refused to work with record labels even as his colleagues the Damned, the Jam and Generation X became punk superstars.

COURTESY OF SERIOUS BUSINESS

He may look, um, unkempt, but Wizard has been preparing for this since 1986.

Wizard closed "the studio in my mind" in 1986 and stopped making music, but he never lost hope in finding those people who were "awake." "Let me go and find these few conscious people," he said, "and start building networks, so when the world is ready and there's this alternative distribution network in place that is not controlled by the establishment, then I'll be ready. I figured it might take 20 years."

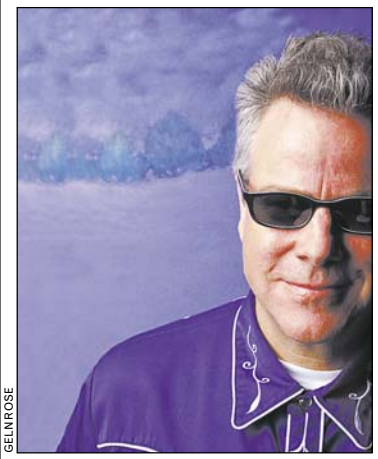
He was right. After the 2004 reissue of 1984's "The Homosexuals' Record," the response was so good that Wizard reformed the Homosexuals with new musicians.

The band recently put out the "Love Guns?" 10-inch, and Wizard has embarked on the first tour of his 40-plus-year career. "All the things that are happening now may appear like, 'Oh, wow, he's just started doing things again.' No," he said. "This is the birth of something that I conceived in 1986, very consciously." And he's more than happy to tell you about it.

CHRISTOPHER PORTER (EXPRESS)

→ *Velvet Lounge, 915 U St. NW; Thu., 9 p.m., $10; 202-462-3213; velvetloungedc.com. (U Street-Cardozo)*

thescene



GEL N ROSE

Alt-country legend Robert Earl Keen wants to rock your world Wednesday.

WEDNESDAY

Robert Earl Keen: Folk and country fans alike should flock to see this icon. 9:30 Club, 815 V St. NW; 7 p.m., $35; 202-265-0930. (U St.-Cardozo)

Diplo: A DJ out of Philly aims to make you dance. Black Cat, 1811 14th St. NW; 7:30 p.m., $15; 202-667-7960. (U St.-Cardozo)

The Sounds of Kaleidoscope: Intense psych-rock. Velvet Lounge, 915 U St. NW; 9:30 p.m., $8; 202-462-3213. (U St.-Cardozo)

THURSDAY

M83: Lush '80s soundscapes from a French band led by Anthony Gonzalez. Black Cat, 1811 14th St. NW; 8 p.m., $17; 202-667-7960. (U St.-Cardozo)

Stop Smiling D.C. Issue Release Party: A Chicago magazine celebrates the release of its D.C. issue. Civilian Art Projects, 406 7th St. NW, 3rd floor; 7 p.m., $5 suggested donation; 202-347-0022. (Archives-Navy Memorial)

The Lloyd Dobler Effect: A local favorite. Jammin' Java, 227 Maple Ave. E., Vienna; 8:30 p.m., $10; 703-255-1566.

FRIDAY

Johnny Winter: Blues guitar legend. Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., $35; 703-549-7500.

The Dance Party: Ra Ra Rasputin, Greenland and Nunchucks just wanna have fun while you shake it. The Rock and Roll Hotel, 1353 H St. NE; 8:30 p.m., $10; 202-388-7625.

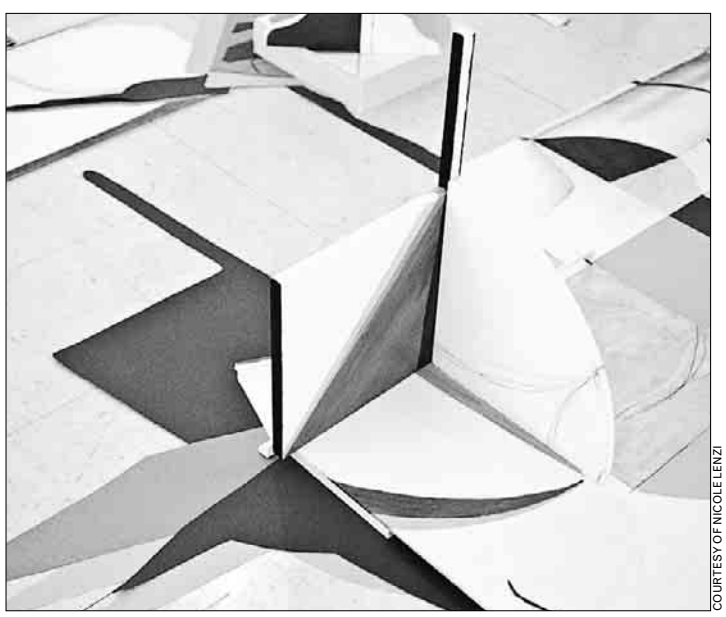
Explore our searchable list of the area's events, venues, restaurants and movies at **expressnightout.com/thescene.**

topstops

2 Chef Battle Royale

Add a drop of "Top Chef" personality to a dash of "Iron Chef" dynamo. Simmer, slowly stir in 40 D.C.-area restaurants. Reduce quickly to five rising culinary stars before sprinkling with hosts Ted Allen and chef Jose Andres, pictured. Voila! You have a delectable and delightful Capital Food Fight on your hands. Served up at the Ronald Reagan Building, the event is a fundraiser for D.C. Central Kitchen, a nonprofit that aims to get the homeless back on their feet through training in the culinary arts. Upscale eateries will be on hand dishing up goodies. K.C.

→ *Ronald Reagan Building, 1300 Pennsylvania Ave. NW; 6 p.m., $175; 202-312-1399. (Federal Triangle)*



COURTESY OF NICOLE LENZI

1 Opposites Attract

You may need 3-D glasses to watch the IMAX "Batman Begins," but not to see Nicole Lenzi's 3-D drawings in "Stop N Go." Lenzi's recent work literally brings her drawings to a new dimension; she uses tape, tiles, molding and light to "draw" upward and outward. Influenced by philosophy such as the Taoist principle of yin-yang, Lenzi's improvisational installations feature contrasts: sharp corners intersecting with curved edges, and light intersecting with dark. H.K.

→ *Flashpoint, 916 G St. NW; through Nov. 22, $15; 202-315-1305. (Gallery Place)*

SCOGIN MAYO

3 Together Again

Some reunions seem all but dead. Michael bailed on the Jackson 5, and Lauryn Hill dissed the Fugees. But the Toadies, a rockin' grunge band from Texas, seem to be alive and well since they disbanded seven years ago — and with a new album to prove it. "No Deliverance" features songs that range from the angry to the angsty with catchy bass lines and wicked wailing guitar to accompany them. Catch the Toadies on tour with Todd Lewis and company as he screams his way through his set at the 9:30 Club. H.K.

→ *9:30 Club, 815 V St.; 7 p.m., $15; 202-265-0930. (U St.-Cardozo)*

Compiled by Express' Kris Coronado and Hannah Kim. Read more of their picks every day at **expressnightout.com/topstops.**

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Once again this academic year, The Washington Post Company Educational Foundation will honor 21 outstanding teachers—one from this region's private schools, one from the District of Columbia Public Charter Schools and one from each of the area's 19 public school systems—and award $3,000 to each. These awards, now in their 26th year, are named for Agnes Meyer, wife of Eugene Meyer, publisher of The Washington Post from 1933 until 1946, to honor her deep concern for and involvement with local public education.

Winners will be chosen from the following jurisdictions:

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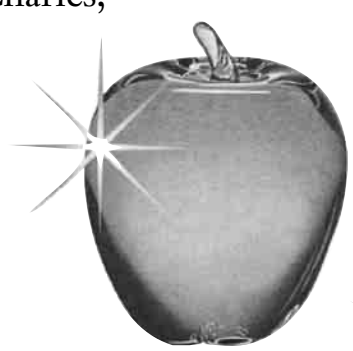
Maryland–Anne Arundel, Calvert, Charles, Frederick, Howard, Montgomery, Prince George's and St. Mary's counties

Virginia–Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun, Manassas, Manassas Park, Prince William and Stafford counties

The deadline for ALL nominations is Friday, December 12, 2008.

For public school information, please contact your local superintendent's office. For District of Columbia Public Charter Schools, please contact the Public Charter School Board at 202.328.2660. For private school information, please contact The Post's Public Relations Department at 202.334.7969, or visit www.washpost.com/education.



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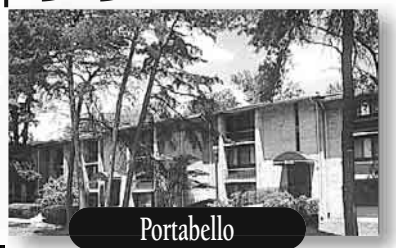

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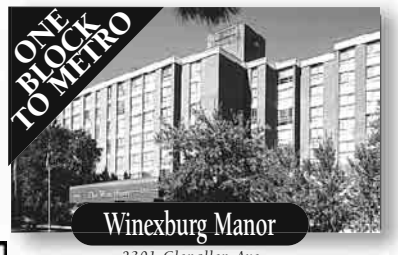

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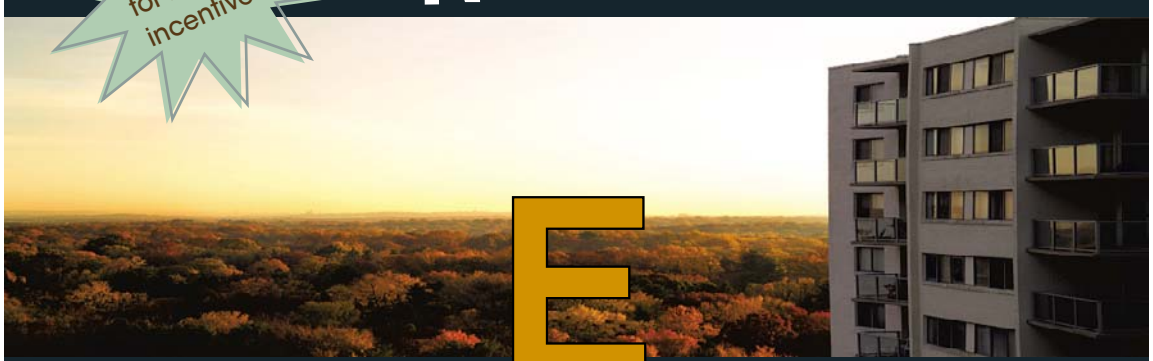

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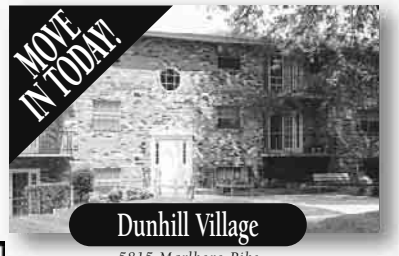

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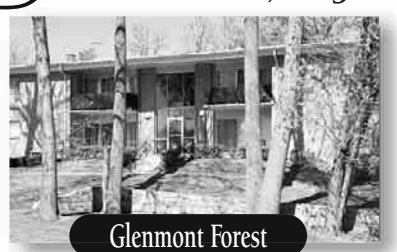

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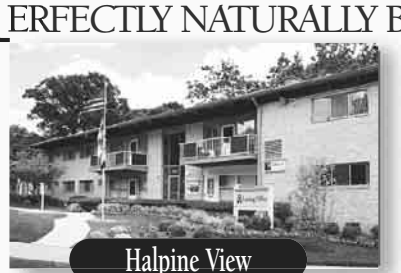

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INSIDE

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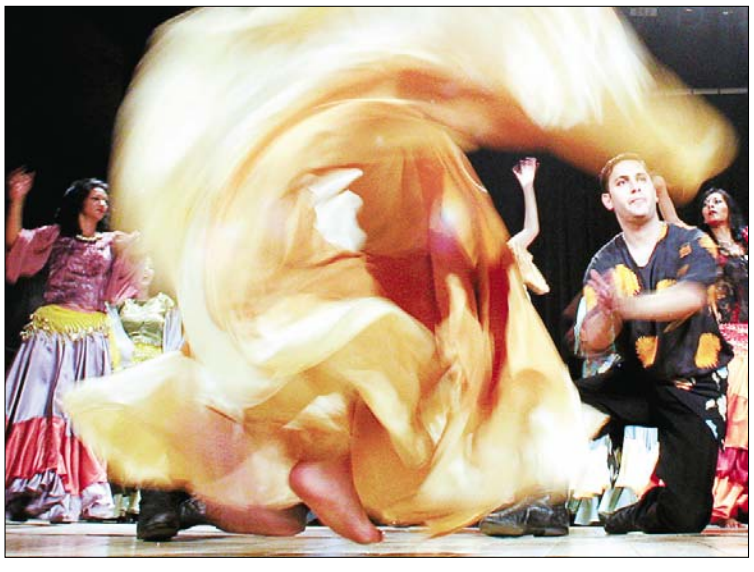

MONEY MATTERS: Dancers in the Romathan theater company perform in Kosice, Slovakia. The Slovak Central Bank commissioned the performers to put on a show about the country's transition to the euro.

The Euro Show

Money

Slovakia uses song and dance to explain its currency switch

Dancers and singers in colorful Gypsy costumes stormed the stage, drawing loud ovations and raucous laughter.

"Cheers to the euro!" the players called to the crowd assembled in this central Slovakia town.

The "Eurofestival" is a traveling show designed to help Slovakia's largely uneducated Roma, or Gypsies, make sense of the common European currency.

On Jan. 1, 2009, Slovakia will become the 16th European Union member state to adopt the euro, and the Slovak Central Bank has commissioned the Romathan theater company to take the mystery out of the new coins and bank notes.

Spokeswoman Jana Kovacova says the bank realized it needed a simple, entertaining approach to explain the switch from the Slovak koruna, or crown, to its most socially excluded minority group.

The show in the Romani language is part of a 7 million koruna (230,500 euros; $314,250) information campaign that also includes a CD with songs about the new currency, and television and radio shows. The campaign is predominantly designed for the 150,000 poorest Roma who occupy about 600 shabby, segregated settlements that lack even basics such as running water or sewage systems, said Ivan Hriczko, who works for a government office dealing with Roma affairs.

"We know our clients and that they don't have a positive attitude to printed information," Hriczko said. "Romathan explains to those people in a simple way what will happen on 'D-Day' and helps them cope with the novelty."

The "Eurofestival" show is designed to help Roma adapt to using the euro in 2009.

The play starts with an onstage announcement of the agreed-upon exchange rate — 30.1260 koruna to the euro — and a character who proclaims: "It won't be bad."

Gabriela Strkacova, a 59-year-old Gypsy, isn't so sure.

"We'll have just a few bank notes. How shall I pay with them?" she asked. "I'll have to always ask my husband what to do."

Euro notes and coins first came into circulation in 12 countries in 2002. Slovenia adopted them in 2007, and the euro zone widened to 15 nations this past January when Cyprus and Malta joined.

Slovakia went through a difficult transition after shaking off decades of communist rule in 1989. It endured several years of isolation under Prime Minister Vladimir Meciar in the 1990s, then made rapid economic progress with free-market reforms under former Prime Minister Mikulas Dzurinda.

Now, although buffeted by the global financial crisis, it still boasts one of Europe's fastest-growing economies — one that is forecast to grow by 6.5 percent in 2009.

But success eludes most Roma. Unemployment in Gypsy settlements runs 90 percent or even higher. In the northern town of Strane pod Tatrami, 99 percent of 1,222 Roma are unemployed. In Hnusta, hundreds came to watch the Eurofestival — even though it was staged at 11 a.m. on a workday.

Critics say the campaign merely pays lip service to Gypsies' real problems.

It "doesn't address the fundamental questions of being Roma at the margins of society in Slovakia," said Larry Olomoofe, senior human rights trainer at the European Roma Rights Center in Budapest, Hungary. "Housing, education, employment and health care: These are the four fundamental areas that the government needs to concentrate [on]." KAREL JANICEK (AP)

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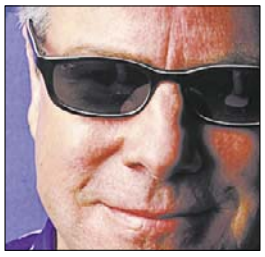
CD REVIEWS

Big Tuesday

Many new releases are dropping Tuesday, and we have reviews of the biggest. Roxana Hadadi covers T-Pain's "Thr33 Ringz," Afton Lorraine Woodward digs into the 30th anniversary box set of Cheap Trick's "Budokan," and Greg Barber writes up the debut by "American Idol" runner-up David Archuleta. | COMING UP



MUSIC

Five to Know

Widespread acclaim has eluded singer-songwriter Robert Earl Keen, but the Houston native has won the adulation of peers Lyle Lovett and Willie Nelson for his raucous shows and sly humor. Keen plays the 9:30 Club on Tuesday, and Stephen M. Deusner picks five songs you should know before you go. | COMING UP

TELEVISION

Get Cookin'

The fifth season of "Top Chef" starts on Tuesday, and Roxana Hadadi helps you get ready by sharing her top five moments from past seasons. Then, check back on Wednesday, when Karmah Elmusa breaks out her knives and her wrap-up blog, "Hail to the Chef." | COMING UP

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

SHOULD THE OBAMAS SEND THEIR KIDS TO PUBLIC OR PRIVATE SCHOOL IN D.C.?

PRIVATE 68% | **PUBLIC** 32%

"Besides being the president-elect, Obama is a parent: choosing a school for his kids is a parental affair, not a presidential one. As such, nobody should interfere or comment on this private choice."

COMMENTER AN ITALIAN LIVING IN DC, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "SHOULD THE OBAMAS SEND THEIR KIDS TO PUBLIC OR PRIVATE SCHOOL IN D.C.?"

"Private school. The security required for any president's child is beyond what D.C. public schools can provide."

COMMENTER CHARLIEG, WHO ADDED, "EVEN IF IT COULD BE MANAGED BY THE SECRET SERVICE, THERE WOULD BE SCREAMS ABOUT STUDENTS' RIGHTS BEING VIOLATED."

"I think Michelle is more than capable of homeschooling her children. She should be pouring time into her girls and spending time with them."

COMMENTER C STREET, WHO ADDED, "I'M SURE THE PRESIDENT-ELECT WILL BE COMFORTED THAT SHE IS HOLDING IT DOWN."

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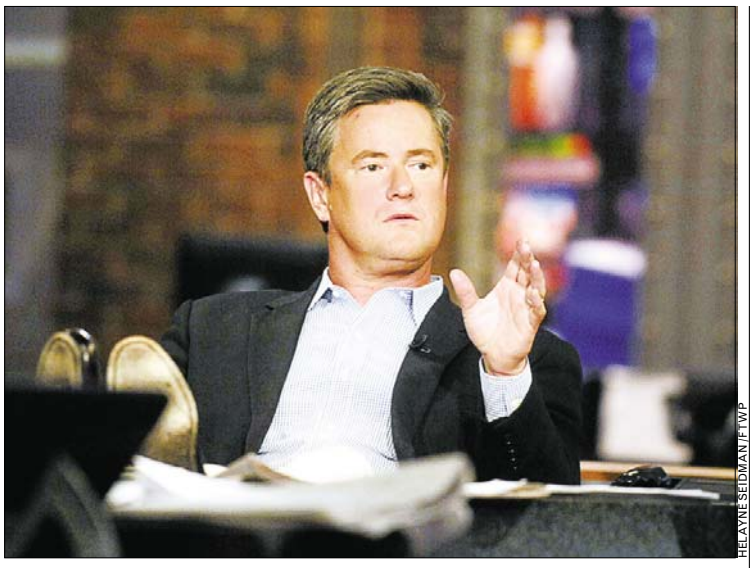
Blog LOG

"How can you not get excited when the dirtiest mall in Northern Virginia brings in two dozen workers to assemble [a] giant Christmas tree?"

BRIANKAINEC.WORDPRESS.COM IS APPARENTLY QUITE EXCITED ABOUT THE NEW 200-FOOT-TALL HOLIDAY TREE IN BALLSTON COMMON MALL IN ARLINGTON.



HELAYNE SEIDMAN/FTWP

"The funniest thing about it was that Joe was theoretically quoting [future White House Chief of Staff] Rahm Emanuel."

A COMMENTER AT **WONKETTE.COM** WAS QUITE AMUSED BY FORMER GOP REPRESENTATIVE JOE SCARBOROUGH'S ACCIDENTAL USE OF AN EXPLETIVE ON MSNBC'S "MORNING JOE" ON MONDAY.

"THE FEMINIST in me [was] horrified. But the other 99 percent? The old-fashioned broad who appreciates a good, old-fashioned courting? The gal who would rather be taken in hand than forced to lead the way? That dame? Well, she thought it was kind of hot."

FRECKLEDK.WORDPRESS.COM REACTS HONESTLY AFTER A MAN ON A DATE TOLD HER HE'D PAY FOR EVERYTHING BECAUSE HER JOB WAS "COOKING, HAVING BABIES [AND] GOING BAREFOOT."

"97.5 FM in Philadelphia has switched to its all-Christmas format! This means that it is now socially acceptable for me to listen to holiday music with abandon. Pump up the 'Twisted Sister'!"

MSLASH.BLOGSPOT.COM HAS HAPPILY SWITCHED TO HOLIDAY MUSIC.

Discussions

Presidential Dogs

STEPHANIE SHAIN, director of Outreach for the Humane Society of the United States, was online Monday to discuss breed options for the Obama family's dog and the Bush's dog's recent biting incident.

Are there special temperament requirements for the White House dog, and [is there] any way to know whether a puppy will measure up to them? This is a dog that will see lots of photographers, crowds and noisy fans, at least from time to time, and may also be wandering around priceless carpets and artifacts. Plus, there will be constant travel and family members coming and going. Does that suggest a particular type of dog to you?

One breed doesn't stand out to me as the "perfect" kind of dog here. My suggestion is an adult dog (you really know who you are getting with an adult; it's much harder to predict with a puppy). They will want a happy, people-friendly dog, a dog who really loves people and basks in lots of activity. Additionally, an adult dog is much less likely to want to chew on all those carpets you mentioned.

The Obamas seem set on getting a puppy, not an adult dog. Do shelters often have puppies?

It varies daily in shelters. With animals coming in every day (my friends at the Washington Humane Society told me they get an average of 33 animals in every day), the pets available are constantly changing. Thankfully, most shelters now have Web sites, and you can take a look at who is there via your home computer.

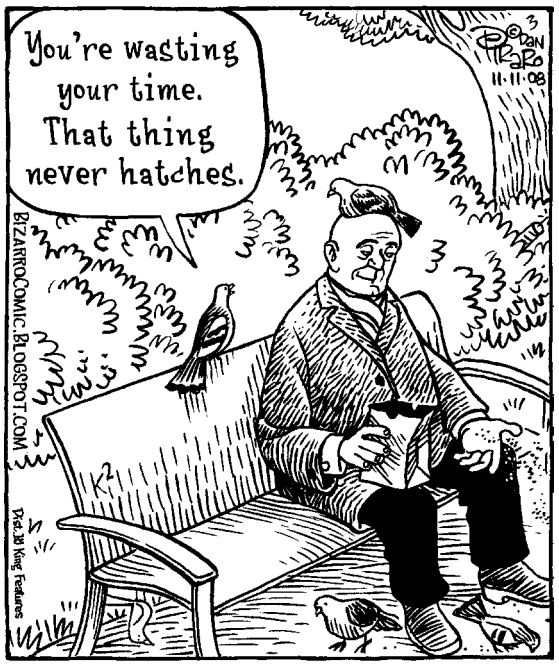
I think it's great that the Obamas' search for a dog is giving needed attention to shelter dogs. However, do you think this might have somewhat of a bad effect, meaning more people getting dogs because it is the "in" thing, which will lead to more abandoned animals?

I think shelters and rescues do a good job of helping families who want a dog find the right match for them. I'm not worried about shelter dogs' being placed too readily with people who aren't ready for the time and money it takes to raise a dog. I do hope that people won't rush out and buy a dog without seriously considering everything it takes.

TODAY ON DISCUSSIONS: Washingtonpost.com's How to Deal columnist Lily Garcia takes questions about everyday workplace survival at 11 a.m. | **washingtonpost.com/discussions.**

Look out

Bizarro | *Dan Piraro*

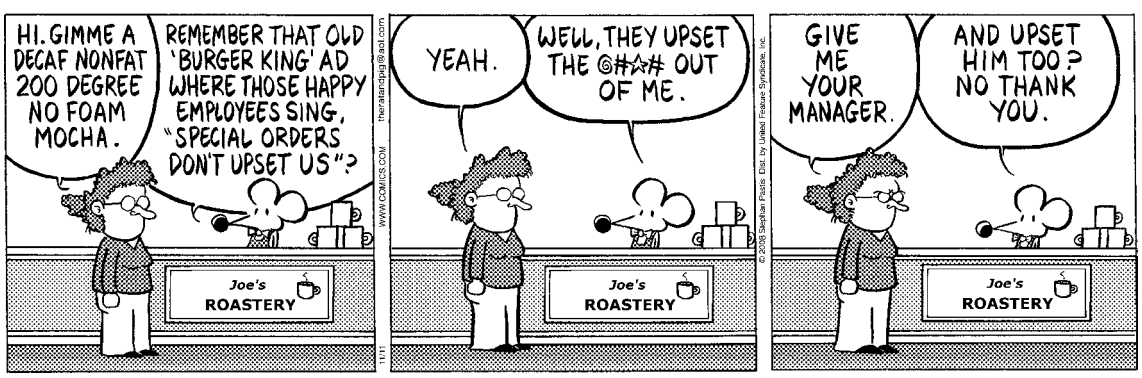


Cornered | *Mike Baldwin*

"Throw it in with the others. I'll fetch it when I get to it."

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) A little more thought applied to your strategy can serve you well — particularly when you have to trust heavily in the past.

SAGITTARIUS (Nov. 22-Dec. 21) Avoid those who want from you without having the willingness to give; things must be fair from every perspective at this time.

CAPRICORN (Dec. 22-Jan. 19) First one thing and then the other — what are you going to do or say next? Remember, it's important that you're consistent and true to something.

AQUARIUS (Jan. 20-Feb. 18) It may be difficult to maintain your optimism, but as bad as things may seem to you, they surely seem worse for many others.

PISCES (Feb. 19-March 20) You can make it more difficult for an enemy to penetrate your inner sanctum. From here on out, you may feel safer.

ARIES (March 21-April 19) You're striving for something akin to perfection, but you'll have to walk through an emotional minefield before it is within reach.

TAURUS (April 20-May 20) A meeting of the minds can benefit all concerned — but you'll have to take the initiative if you want things to get off the ground.

GEMINI (May 21-June 20) Concentrate on what you're doing; it's easy to make mistakes when your mind is going in so many different directions.

CANCER (June 21-July 22) If you can combine intellectual ability and passion, you will prove quite unstoppable. It's not at easy as it seems, however.

LEO (July 23-Aug. 22) You'll discover that you have a great deal in common with those who seem to be at the other end of the spectrum from yourself.

VIRGO (Aug. 23-Sept. 22) Your sense of outrage isn't likely to be put to rest — but you can keep yourself from overreacting when faced with the unintentional.

LIBRA (Sept. 23-Oct. 22) A dream is about to come true, but you may be in danger of sabotaging the whole thing if you're not careful. Don't second-guess yourself.

A U.S. soldier's remains were interred in the Tomb of the Unknown Soldier in 1921.

Today in History

1620 Forty-one Pilgrims aboard the Mayflower, anchored off Massachusetts, sign a compact calling for a "body politick."

1831 Former slave Nat Turner, who had led a violent insurrection, is executed in Jerusalem, Va.

1889 Washington becomes the 42nd state.

1918 Fighting in World War I comes to an end with the signing of an armistice between the Allies and Germany.

1921 The remains of an unidentified American service member are interred in the Tomb of the Unknown Soldier at Arlington National Cemetery in a ceremony presided over by President Harding.

1966 Gemini 12 blasts off from Cape Kennedy, Fla., with astronauts James A. Lovell and Edwin "Buzz" Aldrin Jr. aboard.

2003 Toronto's Roy Halladay wins the American League Cy Young Award.

PostPoints DAILY CODE IR

Look out | People

STEPHEN LOVEKIN/GETTY IMAGES

Murray leaves the porch light on for us.

SHAKEN

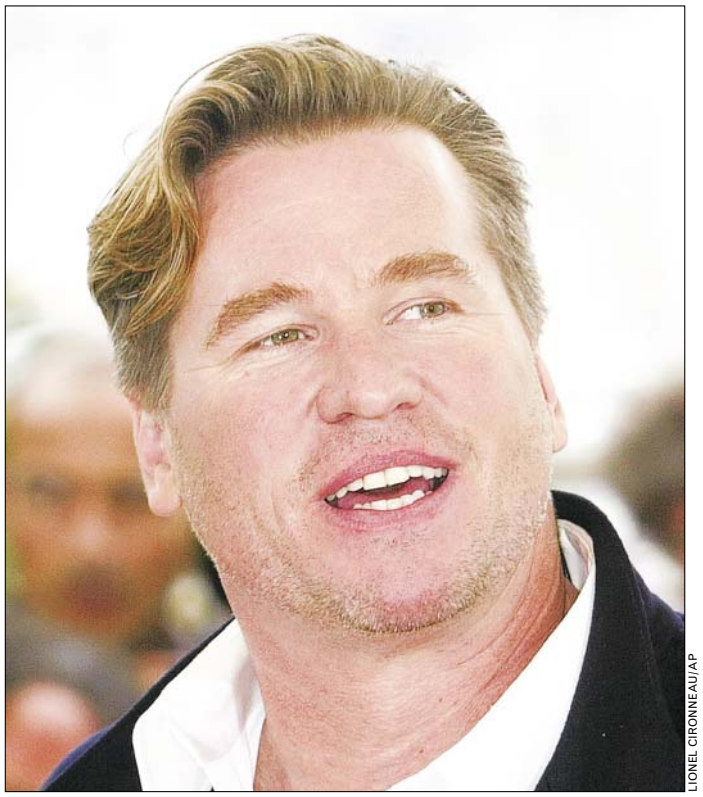
Comic Is All but Lost in Administration Translation

BILL MURRAY's election night celebration took a sour turn when the comic actor was jostled roughly in Times Square by a fellow celebrant. Police reportedly carried away the would-be attacker. (AP)

SOLO

Vocalist and Thespian Spurned by Cruel Beauty

Now split from rocker Marilyn Manson, **EVAN RACHEL WOOD**, 21, denies she's dating Mickey Rourke, 54. Internet rumors were sparked when the two were spied together in Los Angeles. They are co-starring in "The Wrestler." (EXPRESS)



LIONEL CIRONNEAU/AP

PUBLIC SERVANT

Revolving Doors

In an interview with the New York Post, **VAL KILMER** confirmed he's considered running for office in New Mexico. Said the actor, "Poor, hardworking, decent people — Native Americans, carpenters, artists, expats mixed in with hundreds of the world's smartest physicists at Los Alamos. I've always thought of myself as functioning as a candidate for them." (EXPRESS)

SNAPPED

Snaps of Beyonce And Jay-Z: Altered, Not Up for Sale

The hair is enraged by the idea love can be bought.

BEYONCE insists she would have never considered selling photos of her hush-hush April wedding to Jay-Z to a glossy celebrity magazine. The singer acknowledges, though, that she was amazed at the amount of money that was offered. She said in a recent interview: "But in the end, absolutely not. It's so not worth it. If anything, if you want to put something out, then put it out, not for [money]." (AP)

REWARD

Dividend for Stolen Husband

SIENNA MILLER is $22,300 richer after settling out-of-court damages from two tabloid newspapers in Britain. The actress charged the Sun and News of the World for breach of privacy after both papers published photographs of the starlet with then-boyfriend (and married father of three) Balthazar Getty. Miller is still seeking damages against a papparazzi agency for its prolonged "harassment." (EXPRESS)

BABY NEWS

Actress' Baby Made of Honor, Sugar and Spice

"Eagle Eye" star **MICHELLE MONAGHAN** and her husband, Peter White, have welcomed a baby girl named Willow Katherine in Los Angeles. The baby, born Wednesday, is the couple's first child. Monaghan, 32, married White, a graphic designer, in 2005 after meeting him in a bar. (AP)

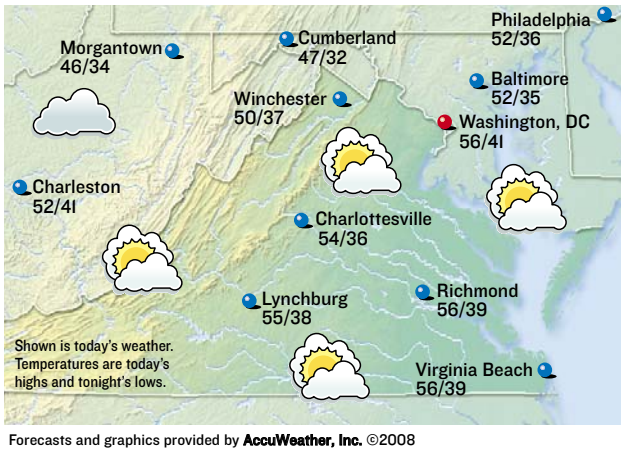
LIONEL CIRONNEAU/AP

Mama Monaghan is beloved by many.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Sunshine mixing with some clouds	Partly cloudy	Increasing cloudiness	Mostly cloudy with rain possible	Cloudy with a chance of rain	Breezy with partial sunshine
56°	41°	52° / 46°	56° / 49°	65° / 49°	58° / 40°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	52°
Low	40°
Normal high	59°
Normal low	42°
Average humidity	45%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.10"
Normal month to date	1.00"
Year to date	41.19"
Last year to date	28.38"
Normal year to date	34.38"

For up-to-the-minute weather, see: **washingtonpost.com/weather**

Regional Forecast

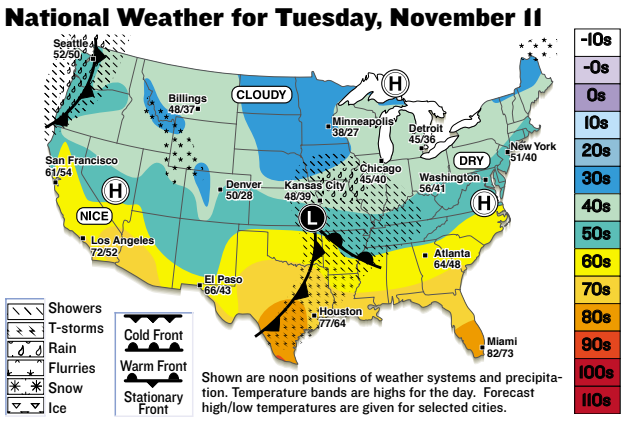
D.C. Metro: Today, mostly sunny. High 56. Wind north-northwest 4-8 mph. Tonight, partly cloudy. Low 41. Wind light, variable.

Sun and Moon

Sunrise today	6:47 a.m.
Sunset tonight	4:57 p.m.
Moonrise today	3:34 p.m.
Moonset today	4:48 a.m.

Full	Last	New	First
Nov 13	Nov 19	Nov 27	Dec 5

National Weather for Tuesday, November 11



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	64/48/pc	59/52/sh
Boston	51/36/s	51/34/s
Chicago	45/40/r	46/40/r
Dallas	77/50/pc	68/50/s
Denver	50/28/pc	58/36/c
Honolulu	85/72/s	84/71/s
Los Angeles	72/52/pc	77/56/s
Miami	82/73/t	84/73/pc
New York City	51/40/s	55/42/pc
Orlando	79/65/pc	83/65/s
Seattle	52/50/r	56/44/r

World Cities

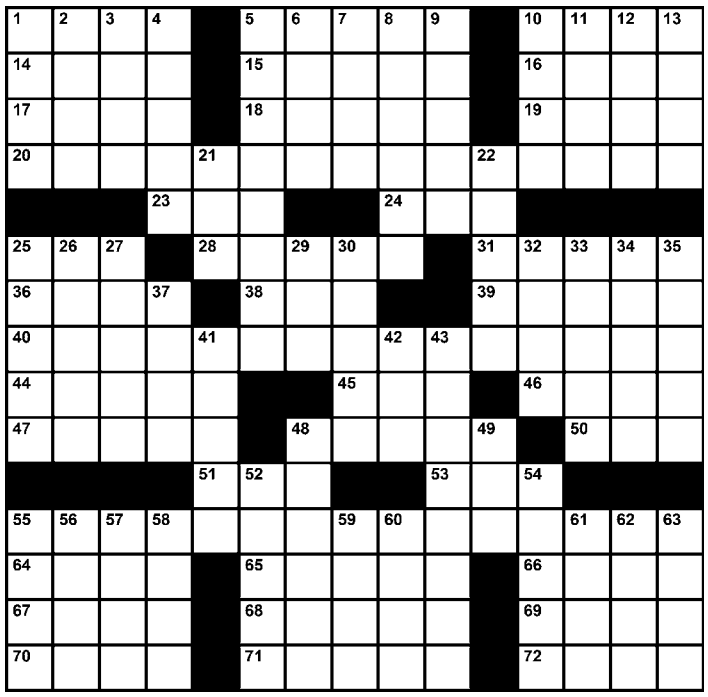
City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	51/44/sh	48/39/sh
Athens	65/55/c	66/53/s
Berlin	52/43/r	48/36/pc
Buenos Aires	84/68/pc	86/70/pc
Calgary	44/30/c	48/31/c
Dublin	48/37/pc	50/41/pc
Geneva	55/43/r	51/41/sh
Moscow	43/32/pc	43/30/s
Rome	63/52/s	62/54/sh
Sydney	73/59/pc	77/59/pc
Tokyo	59/52/sh	64/54/sh

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

CROSSWORD | COURTING DISASTERS

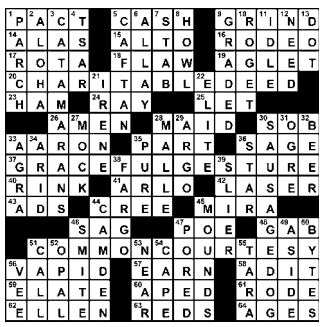
EDITED BY TIMOTHY E. PARKER



ACROSS
1 Barbecue site
5 Northern evergreen forests
10 Rhyme scheme
14 Add to the payroll
15 Formal observances
16 Brightly colored duck
17 Appaloosa alternative
18 Inactive
19 Causing a pucker
20 It may be in the small print
23 Constriction worker?
24 Victorian, for one
25 Capital of Poland?
28 Salesman's goal
31 Artistic Grandma
36 Beginning for "while"
38 "but is it ___?"
39 Part of IV
40 Holds the scales, in court
44 Birthplace of a hurricane
45 Munich article
46 Albany's canal
47 Brittle fragment (var.)
48 Oscar winner Hunt
50 Beatty of "Deliverance"
51 "Give ___ whirl"
53 Packed away
55 It collars criminals
64 Prima donna's specialty
65 Bovine of ads
66 Info on a taxi
67 Retailer's spot
68 Is popular with customers
69 Productive thought
70 Guinness and Kilkenny
71 Brown ermine
72 First garden

DOWN
1 Indian stewed legume dish (var.)
2 "My Left Foot" setting
3 Rock climber's handhold
4 Skewered beef
5 Fast sailboat
6 Japanese aboriginal
7 Gossipy tidbit
8 Infant food company
9 Capitalist John Jacob
10 Aleutian isle
11 Look radiant
12 Spiteful comment
13 Chorus voice
21 Bath bathroom
22 Foxx or Farr
25 Durango dough
26 Actor von Stroheim
27 Compact name?
29 Famous 76er
30 Chopin piece
32 "That's a new one ___!"
33 Hard-nosed
34 "Sesame Street" dweller
35 Stuffed to the gills
37 Nicholas, for one
41 Punjab locale
42 Tierra ___ Fuego
43 Word in Ali's boast
48 Gielgud role
49 Last in a very long line
52 Lock of hair
54 Inducing goosebumps
55 Monk in high places
56 Vocally expressed
57 Luxor river
58 Rodeo women
59 Site of the '52 Winter Olympics
60 Adidas rival
61 Alan in "The Carpet baggers"
62 Suit to ___
63 Free from dependence on

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

4	1	9	2	6	3	5	8	7
2	3	8	9	5	7	1	4	6
5	6	7	1	8	4	9	3	2
8	7	1	6	3	5	2	9	4
6	5	3	4	9	2	8	7	1
9	2	4	8	7	1	6	5	3
1	9	2	7	4	8	3	6	5
7	8	5	3	2	6	4	1	9
3	4	6	5	1	9	7	2	8

1					4		8	2
		9						
			2				5	7
				2		5	4	
	4		6		8		2	
	2	6		1				
5	1				9			
						2		
7	8		3					9

express

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Information Session

Tuesday, November 18, 7:00 p.m.
Arlington Campus
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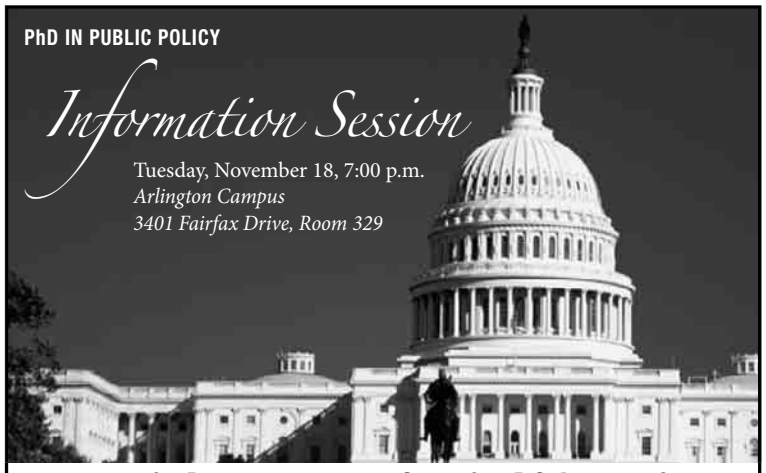

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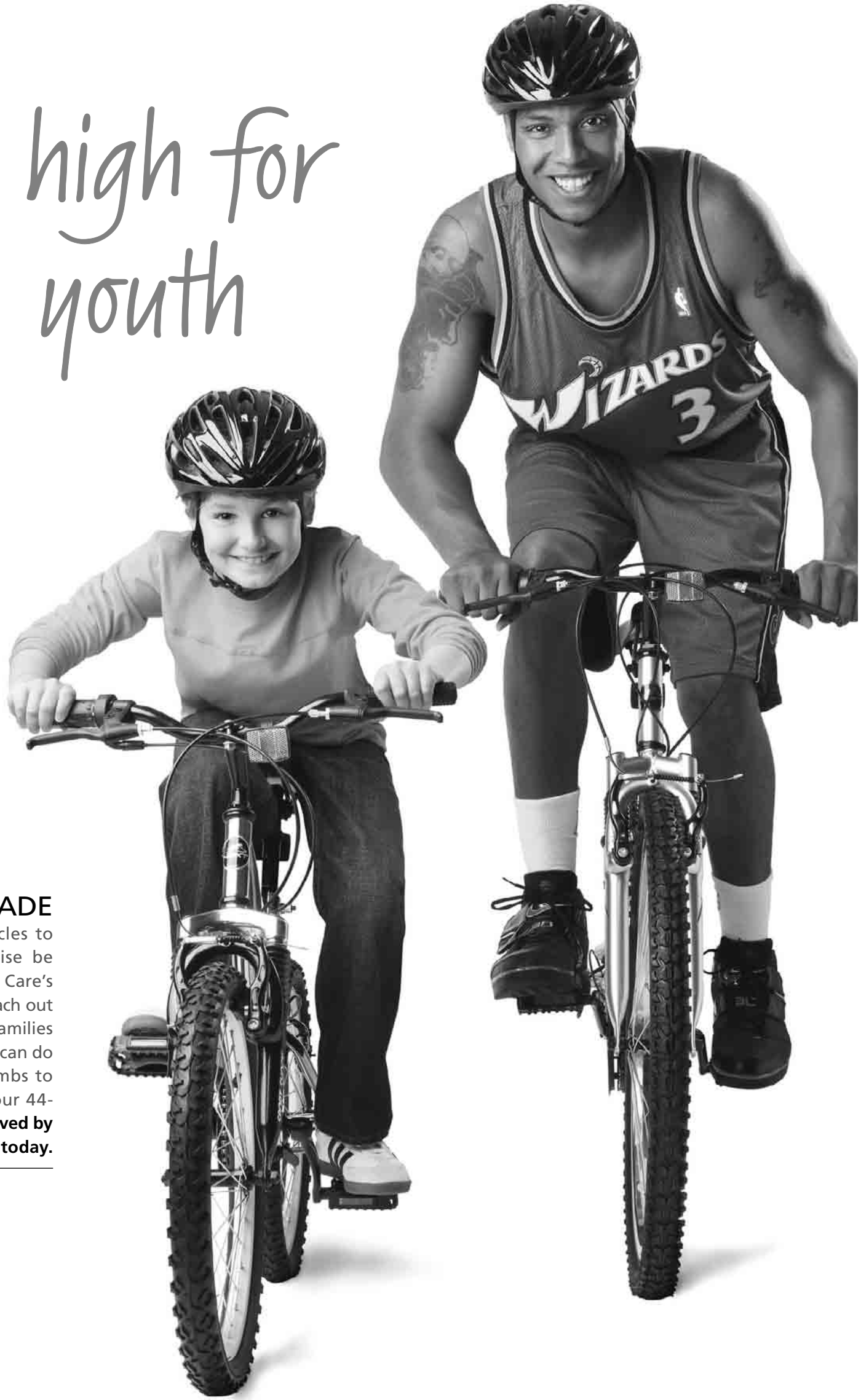

WIZARDS Care

BUTLER'S BIKE BRIGADE

has given away over 1200 bicycles to children who may not otherwise be able to ride. As part of Wizards Care's 12 Days of Holiday Cheer, we'll reach out to hundreds of underserved DC families this holiday season. Together, we can do even more. Help us lend our limbs to those in need by joining us in our 44-year tradition of giving. **Get involved by visiting www.WizardsCare.com today.**

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It's no feat to check your feet for diabetes complications E7

Use your bean and dine on nutritious and cheap pantry staples E6

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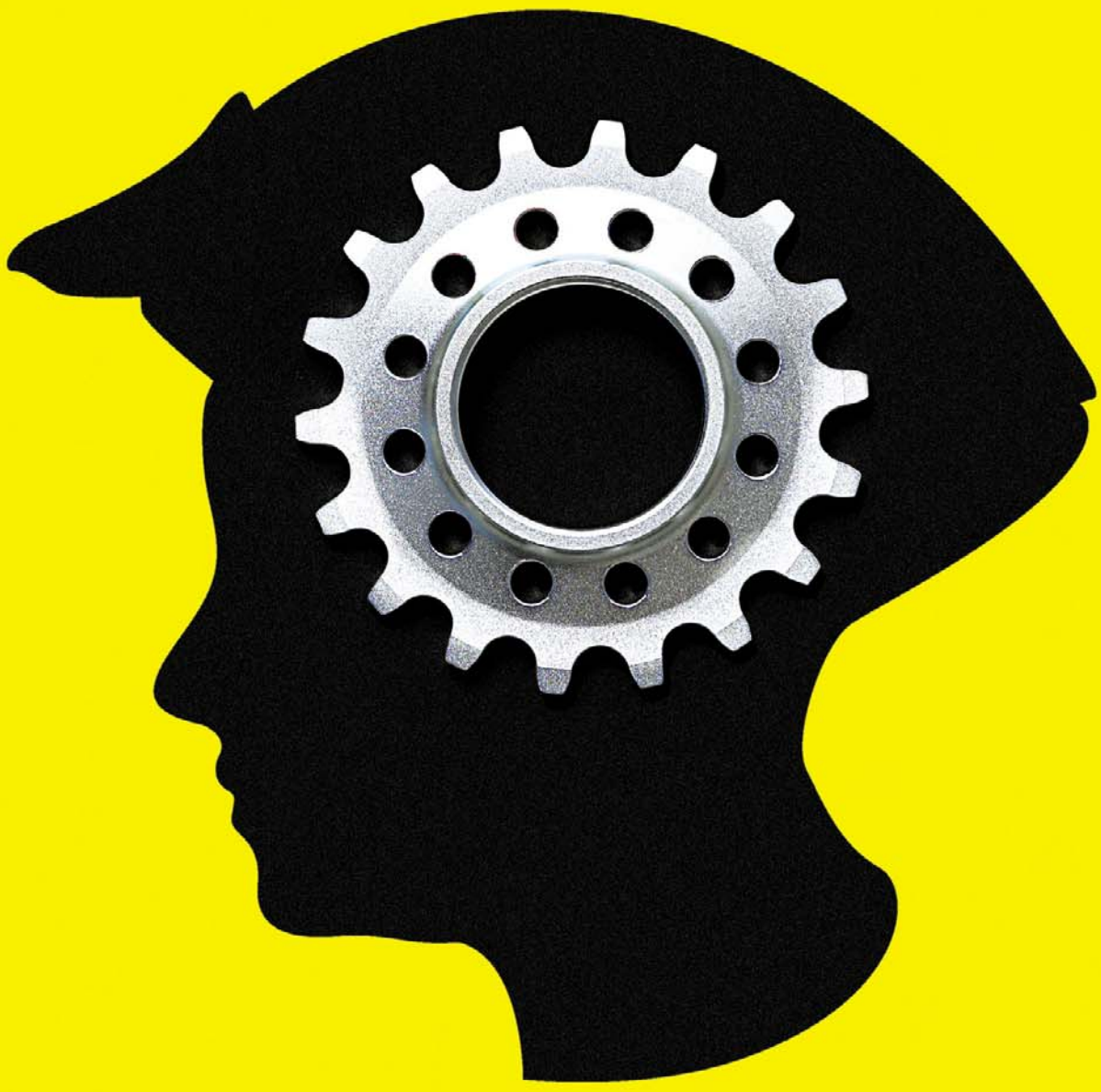

SINGLE-MINDED

CITY CYCLISTS SWAP THEIR MULTIPLE-GEAR BIKES FOR A FIXED RIDE | E4

SCOTT MCCARTHY/EXPRESS

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Bodybuilder, Image Wrecker

Q My boyfriend loves working out and has a fantastic body as a result. I've always hit the gym, but I don't approach his level of fitness. He always tells me how attracted he is to me and that he doesn't like "waifs." But at the same time, he points out every overweight girl he sees. I feel insecure about ever gaining weight and pressured to keep up with him at the gym. Am I being ridiculous? – CONCERNED

ERIC REECE

I'm trying to imagine a way that "pointing out every overweight girl he sees" would not be offensive, and I'm having real difficulty.

Here's what I hear: He's a guy who obviously cares about physical fitness and walks the walk. Kudos to him. I also detect an overanalysis of how everybody else looks. Even his supposedly noble declaration of not liking waifs is, at closer inspection, another example of being judgmental. Sure, everyone has physical preferences, and he's allowed to choose accordingly. But declaring those preferences every time he sees someone who doesn't fit them sounds, at the very least, quite tiresome.

People go through stress, people give birth, and weights change. And the rigidity he seems to espouse doesn't leave room for those real-world fluctuations. That doesn't make his affections feel very security-inducing. (So, no, you're not being ridiculous.)

The Minuses of My Negativity

Q I'm generally a happy person, but I notice sometimes that everything that comes out of my mouth is cutting somebody down, sarcastic or mean. My sisters have always told me I can be very critical of them and my mother. I know this and love them, but I can't seem to stop. I can't even watch a movie without making fun of the actors. I guess I'm not as charming as I think I am. How do I get rid of the grouchiness? – STUCK

Chronic snarkiness and negativity can be many things: symptoms of anxiety or depression, misguided attempts to connect with others, relatively meaningless habits that have become automatic or signs there's a crab living in your armpit.

In order for you to figure out exactly what's going on, you must investigate. Observe yourself: "What spurred this reaction? What am I thinking? And what really am I feeling?" You can write these things down and look for patterns. Identify the influences, and you can then make adjustments. If your feelings seem to be coming from a place of fear, anger, anxiety or sadness, you might think about seeing a cognitive-behavioral therapist, who can work with you to break those patterns. If it's more like class-clowning gone awry, you can work to gradually retraining yourself to develop a better way of getting laughs, attention, intimacy or whatever else you're really after.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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Goods | fit

NEW IN HEALTH
warm ups

DIRTY SEXY DVD

If you thought trainers dressed skimpily on most workout DVDs, you've never popped in "The Sexy Workout" ($20, Unisexyfitness.com). It's basically soft-core porn meets personal training — but all of the thrusting is in the context of exercise. There's no talking dirty, though, or any talking at all. Just thrusting.

WATCH ME NOW

Digital heart rate watches may fly at the gym, but they can cramp your 9-to-5 style. So, instead, strap on one of Sportline's TQR analog models ($60-$160, Sportline.com). It ticks along like the old-fashioned kind unless you press on the two heart rate sensors for a few seconds.

JUNK MALES

Size doesn't matter to fans of Man Junk ($25, Manjunk.com), wee bottles of wash meant for a specific male body part. It's all about how you use the citrusy-pine-scented, organic, odor-fighting stuff. And it cleans up well, even if claims that it'll up your sexual appeal are a stretch.

NUT THAT INTO IT

Tired of trail mix, hungry hikers in Washington state set out to create a superior snack. The result: Sahale glazed nuts ($4.99, Whole Foods), in varieties such as cashews with pomegranate and vanilla, or almond "PB&J." But with few fruit pieces and a mild glaze, we weren't nuts for them.

GUINEA PIG

Fresh With Me

■ The surest sign of a bad day at work is when you find yourself standing in front of the vending machine, gripping a handful of quarters and trying to decide which would make the better lunch: mini-doughnuts or cheesy puffs. Healthy Choice is attempting to save our diets with Fresh Mixers ($3.50), six meal varieties that don't require refrigeration. (Hence, they won't spoil. Plus, you can keep them in your desk to avoid the office klepto.)

The concept is the packaging doubles as a rice or pasta cooker, and you heat your starch and sauce separately — thereby preventing that frozen food mush problem — and then combine them to create a dish such as rotini with zesty marinara sauce or sesame teriyaki chicken.

Health-wise, they get decent marks. The pasta is made of whole-wheat flour, the calorie counts are reasonable for a meal (they top out at 390), and there isn't a heinous amount of sodium (although it's not low, either). But beyond tomato sauce, where are the vegetables? Plain pasta and meat with rice didn't blow our palates away. As for the preparation, they're sort of a pain to assemble — the rice gets everywhere! And yet, we'll probably stick some in our emergency food drawer. Anything's better than mini-doughnuts. VICKY HALLETT (EXPRESS)

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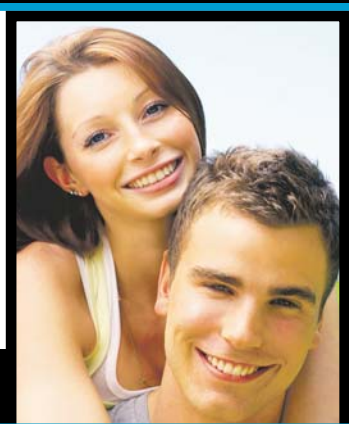

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fit | Phys Ed

THE MISFITS

Q I do not sweat when exercising. I am doing 6 miles in 1/2 hour on an exercise bike? (I don't drink water, and I go for days without drinking anything.)

■ Well, you're quite the medical mystery! But I would say that if you're biking at a low resistance, you could pull off 6 miles in 30 minutes without breaking a sweat. And you can get plenty of liquid from food without specifically drinking anything out of a cup. But why would you want to? I say it sounds like you need to push yourself harder and chug a bit more. And if you mean you really never sweat, well, that could be a sign that you have anhidrosis, which is potentially life-threatening. Have you seen a doctor? V.H.

Q In the past six months, I have really tried to ramp up my running distance and intensity. My question is with everything else staying nearly the same (health, diet, etc.), is it plausible that I've gained several pounds in muscle by basically doubling the amount and length of running I have been doing? I'm talking 3 to 4 pounds maybe. I'm also worried that now that I am not in my 20s anymore, my metabolism has decreased.

■ The quick answer is no — the running won't add much muscle mass. Take a look at the photos of the winners of the New York or Marine Corps marathons and notice the slender legs. Training for endurance changes muscles in different ways than training for size, strength or power. And, yes, metabolism does slow with age, but exercise — particularly higher-intensity workouts — does combat that. H.S.

The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at washingtonpost.com/liveonline. Catch up on upcoming events, scientific studies and gymgoers' pet peeves.

event horizon

➜ Attention, Georgetown shoppers: another Lululemon branch opens Friday (3263 M St. NW). That means another place to buy athletic gear and a weekend of free classes (Budokon, yoga and boot camp). See Lululemon.com.

PHOTOS BY JASON HORNICK

It's not just daredevil bike messenger types who prefer single-speed bikes — even suburban dads are getting hooked on them.

Singular Performance

D.C.-area cyclists get in gear with single-speed bicycle models

In the spring of 1998, Eric Gilliland had a revelation.

"I remember exactly when it happened," he says. "I was riding down E Street, and I saw a guy pass me. He had this absolutely beautiful bike that he had built up on his own. Just watching him and the way he rode through traffic — it was a very clean way of riding."

What impressed Gilliland was that in lieu of shifting gears, this cyclist was riding on a single — and unalterable — chain. Something Gilliland, then a bicycle messenger, decided to give a spin.

Now the 37-year-old director of the Washington Area Bicyclist Association rides his fixed-gear bike regularly. Whenever he needs to make a quick jaunt from WABA's Logan Circle office, he hops on the titanium-toned wheels he had custom-built in a Boston bike shop. "It's my getting-around-town bike," he says.

Single speeds come in a multitude of makes and models, but once you know where to look, they're easy to spot. Whereas geared bikes have chains coiled in a circle on their back wheels, single speeds have just one simple continuous chain loop.

The simple beauty of a single chain gives cycling enthusiasts heart palpitations.

And although single-speed riders have a tendency to use the terms "single speed" and "fixed gear" interchangeably, there's a wee difference between the two riding styles. Single speeds have a "free wheel" that allows riders to coast without pedaling. Fixed wheels, however, are connected to the pedals (hence "fixed") and rely solely on pedal strokes for movement. Just think of the tricycle you rode as a kid. What happens if you try coasting?

"You can't," says Eric Swanson, 60, a D.C. commuter who has biked for the last 29 years and who switched to a fixed-gear bike four years ago. "The bike will literally throw you off if you forget and lock up your legs."

That sounds scary, but the added challenge just eggs on adventurous Washingtonians. Just ask Chuck Harney. Since he and Wayne Lerch opened the Bike Rack (1412 Q St. NW, 202-387-2453) in May 2007, he's seen sales of Swobo, Surly and Giant brand single-speed bikes ($450-$750) remain steady — four or five are sold per month. What's surprised him is who is buying them.

"I used to think there was a type who would gravitate toward those bikes," says Harney, who once associated them with bike messengers, the asphalt aficionados of the cycling world. Now, their appeal has broadened to all types — from students to business owners.

THE FIX IS IN

➜ Looking to take a single-speed for a spin? Start with some surfing. Head to DCfixed.com, an online single-speed community forum that offers maintenance advice and event info, and Singlespeedoutlaw.com, a site run by 38-year-old Joe Whitehair of Frederick, Md., that covers everything from product reviews to the Single Speed World Championships.

For Joel Gwadz, who blogs on cycling at Gwadzilla.blogspot.com, it was a change of pace. He'd been mountain biking for 15 years before he tried the rocky courses near Annandale, Va., in Wakefield and at Schaeffer Farm in Germantown, Md., on a single-speed. "To keep the sport fresh, it's good to alter it. The same set of trails are very different on different sets of bikes," says the 41-year-old.

Hills are the greatest test, as there's no easier gear to downshift to when one starts huffing and puffing, he says. (That's why beginners usually start with their bikes set to a low gear.)

The wheel appeal for others is simplicity. Fixed-gear bikes are lighter and faster, which is why they're used for velodrome racing.

But Heather Ross doesn't just use a fixed-gear bike for zipping around a cycling track to practice for the Bike Rack's velodrome team. The 21-year-old uses another as a city bike, too, whenever she's headed the six blocks from her place to bars on 14th Street. "It's the perfect thing to ride," she says. "There's no hill, and I won't have to worry much [about getting it stolen], since the wheels are bolted on."

And if they're as secure as D.C. denizens' attachment to this riding style, they're not going anywhere.

KRIS CORONADO (EXPRESS)

Phys Ed | fit

Train Like the X-Men

A few resistance bands and a ball can help you get a full-body workout

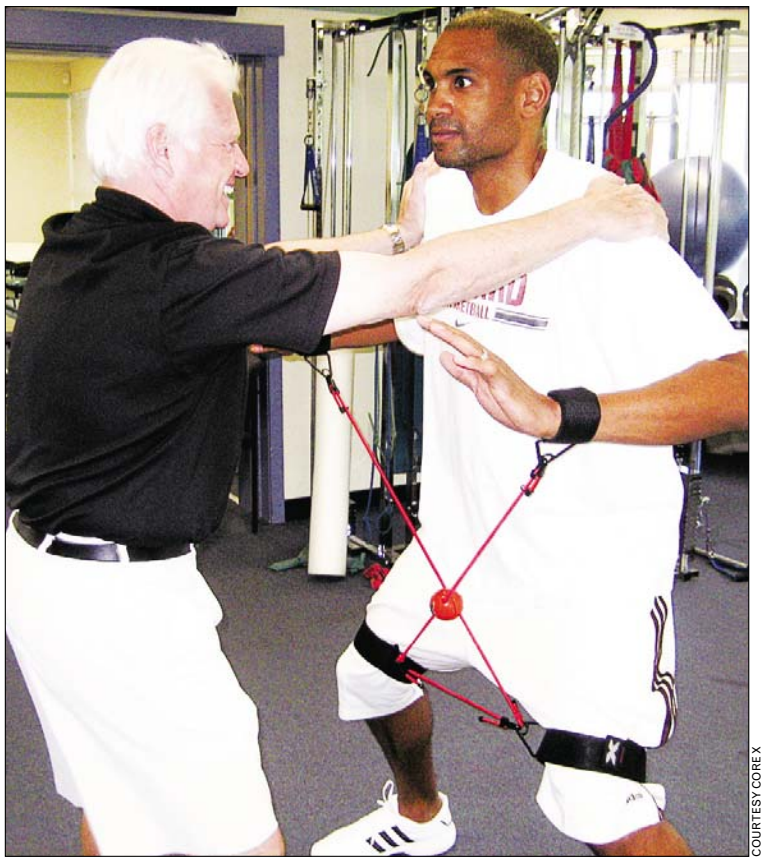
There's a perception that pro athletes are born with perfect bodies — and some of them probably are. But make them play hard for years, repeating uncomfortable movements, and the result isn't pretty.

"Think about a hockey player with a right-handed shot. He'll do that 1,000 times a day and get stuck into dysfunctional postures," says physical therapist Alex McKechnie.

As performance coordinator for the L.A. Lakers, McKechnie's job is to keep his team looking superhuman despite grueling hours and nagging injuries. When he can't find equipment that meets his needs, he invents his own. McKechnie's latest project: Core X System (Corexsystem.com).

It sounds like a top-secret experiment and looks a bit like a bondage device. But by attaching resistance bands to your wrists and thighs that are linked by a ball, you can target more muscles by doing the simplest of exercises. Every move starts in core neutral position, a slight squat with arms bent but reaching forward, because in this stance, the muscles in your core, legs and arms are activated.

The idea is that you'll keep this engaged feeling throughout the workout, although it's more intense once you start bending, reaching and pivoting because of the connections between the limbs. Take a lunge, for instance. Not only are you working your quads, hamstrings and glutes, but your arms are tiring out, too, as they need to pull against the pressure of the bands. And the movement couldn't have even started without the help of your core.



COURTESY CORE X

Alex McKechnie, left, takes Phoenix Suns star Grant Hill through a Core X routine.

> "They shouldn't be afraid of it because [pro] athletes do it."

To McKechnie, the most critical part of the system is that every exercise originates in the core. "You need stability before mobility," he says. "If you shoot a canon from a canoe, it'll tip over."

His celeb clients — such as Grant Hill and Michelle Kwan — do some intense stuff with the system, such as nonstop jumping in a twist, which might be too challenging for the average exerciser. But McKechnie insists Core X is for anyone. After all, he conceived it as a rehab tool, and now he's packaged it as a home exercise device.

"They shouldn't be afraid of it because superstar athletes do it," he says. "The movements are fundamental." VICKY HALLETT (EXPRESS)

STAR GAZING

Secrets of the Lady in the Water

■ It's no shocker that Katie Hoff swims a lot of laps. How else could the 19-year-old from Towson, Md., have returned from the Beijing Olympics with three medals? But here's another part of her preparation you probably didn't know about: the hours she spent studying Mandarin using Rosetta Stone. "It was a great distraction from what I was doing in the pool. If you think about your goals and times constantly, you'll go insane," says the swimmer, who's now a spokeswoman for the language software (and can say "I love water" in Mandarin).

She also got her mind off the madness with hip-hop dance classes — even if part of her was always competing: "I had to do a showcase, and I was probably just as nervous as I am before a big meet." Now that she's looking ahead to next summer's world swimming championships in Rome, she's taking on another form of cross-training: weight lifting. Sounds more fun in Italian. V.H.

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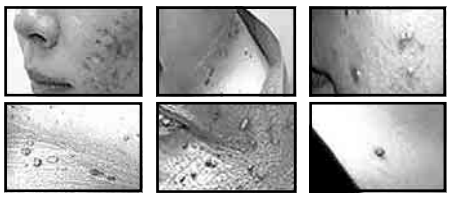
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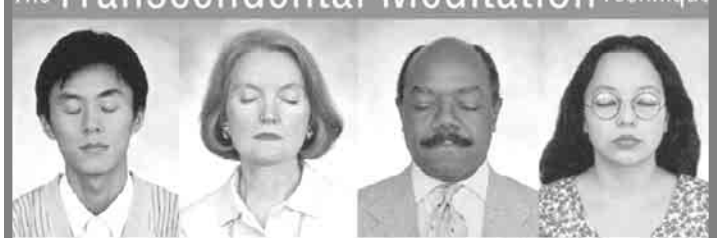
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Stock your kitchen cabinets with low-cost health superstars — such as canned and jarred beans and veggies — so you always have a good-for-you meal at your fingertips. Below are five cupboard staples we love — and simple steps to transform them into quick and delicious meals.

ISTOCKPHOTO

CHICKPEAS
In a recent study, adults who ate 3 cups a week cut both their total and bad cholesterol by seven points. Try crunchy chickpeas: Rinse and dry chickpeas, spray lightly with oil and spices; bake until golden brown.

CANNED WILD SALMON
It contains heart healthy omega-3 fatty acids and fewer pollutants, like PCBs, than farmed salmon. Try light salmon salad: Blend with olive oil, lemon juice, dill and capers. Use in sandwiches and salads.

ARTICHOKE HEARTS
They have inulin, a prebiotic fiber that boosts gut health and may even help control appetite. Try a Mediterranean artichoke omelet: Sauté garlic, drained artichokes and spinach for omelet filling; top with crumbled feta and oregano.

DICED FIRE-ROASTED TOMATOES
Processed tomatoes are richer in the skin-protecting antioxidant lycopene than fresh ones. Try this pasta: Sauté onion, red-pepper flakes, garlic, tomatoes, oregano, parsley and basil. Toss with whole-grain penne.

BEETS
The antioxidant betanin may prevent cancer and heart disease. Try beet, walnut and greens salad: Top baby arugula with beet slices; sprinkle with goat cheese, walnuts and balsamic vinaigrette. RACHEL MELTZER

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EATING IN

Sweet Potatoes With Curried Chicken Salad

INGREDIENTS: 2 tbsp sliced almonds; 2 sweet potatoes, peeled and cut into slices 1/3 inch thick; salt and ground black pepper; 1 cup chopped cooked chicken breast; 1/2 cup chopped scallions, greens only; 1/4 cup light mayonnaise; 2 tbsp plain nonfat yogurt; 1 tsp curry powder; 1/2 tsp cumin; 1/4 tsp cayenne pepper; 1 tsp lemon juice

30 MINUTES, MAKES 36 SERVINGS

PREHEAT OVEN to 425 F. Spread almonds on a baking sheet. Bake until browned, about three minutes. Transfer to a plate to cool. Lightly oil the baking sheet and arrange the sweet potato slices in a layer, then season with salt and pepper. Bake until lightly browned, 10 to 15 minutes. Meanwhile, in a bowl, combine the chicken, scallions, mayo, yogurt, curry powder, cumin, cayenne and lemon juice, and then season with salt and pepper. Top each sweet potato slice with a bit of chicken salad and almonds. (AP)

30 calories, 1 g protein, 6 g carbs, 0 g fat, 1 mg cholesterol, 96 mg sodium, 1 g fiber

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Put Your Best Feet Forward

During American Diabetes Month, remember to check your feet

GETTY IMAGES

Most folks wear shoes that don't fit. And for most of those folks, it doesn't really matter. But for diabetics, getting rubbed the wrong way can lead to terrible health problems — and even require amputations.

That's why Foot Solutions (Footsolutions.com), the shoe store chain, is using American Diabetes Month to publicize its free foot checks. "We're zealots when it comes to diabetic education," says Laurie Sullivan, a certified pedorthist who owns four local stores.

The problem, explains Sullivan, starts when diabetics sustain nerve damage in their feet. They lose sensation, so they no longer realize when they're getting a blister or a cut. Bacteria (who love warm, wet environments) soon multiply in the wound. In a healthy body, the circulation system would come to the rescue, but diabetics have a tougher time fighting infections, and that can have devastating consequences.

With proper care, however, complications can be avoided. The first step is to look for callusing. "That's a sign of too much pressure in the area," Sullivan says. Then comes the hunt for the proper pair of shoes. The vast majority of styles can make the cut, she adds. The one no-no is an opened-toed sandal that puts wearers at risk of stubbing.

Feel the inside of your shoes to make sure there are no pebbles hiding in there.

Customers also get pointers on keeping feet happy: Examine them daily and keep them well-moisturized (brittle skin can crack), and feel inside of shoes to make sure there's no pebble lurking in there or any breakdown of the material that could cause a problem. Also, wear socks, which serve as a "dry lubricant." (But avoid ones with tight elastic that can cut off circulation.)

Sound complicated? "It's one of the easiest things you can do," Sullivan says. And you'll never be able to stand up to diabetes if you forget about your feet. VICKY HALLETT (EXPRESS)

Say 'I Don't' to His and Hers Diabetes

Your partner's type 2 diabetes increases your risk for disease

Here's a marriage alert you won't hear on your wedding day: If your beloved has (or develops) type 2 diabetes, your own risk is more than doubled.

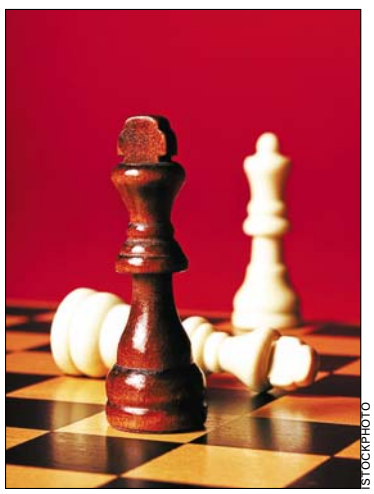
When physicians at the Royal London Hospital checked diabetes warning signals (weight, blood pressure, exercise levels, food choices and smoking habits) in 278 couples, they found that in a marriage, if one spouse already had diabetes, his or her partner usually had significantly more of these potent risk factors. And while type 2 diabetes isn't contagious, sharing a "diabetes lifestyle" is. In other words, if your guy's favorite Thursday night routine includes the couch, a bag of chips and "Survivor," chances are yours will, too. Reverse your risk by sharing these strategies:

Make a Breakfast Date

The next time you're smearing peanut butter on whole-wheat toast, make another piece for your mate. Regular breakfast eaters are less likely to develop insulin resistance syndrome, a common precursor to diabetes.

Go Out Walking

A little bit of exercise (a 30-minute walk three to seven days a week) boosts insulin sensitivity, a new University of Florida study has found. Why not make a standing date to walk together several nights a week? Aim for a brisk, 30-minute stroll, ideally five times a week.



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Roll the Dice

Turn off the TV tonight, and challenge your partner to a game of Yahtzee, chess, Monopoly or Scrabble. It's good for your marriage, and for every two hours spent in front of the tube, your diabetes risk increases 14 percent. One reason: We eat more food and burn fewer calories in front of the TV than we do while enjoying quiet pleasures such as reading, writing and playing board games.

Make an Appointment

If your loved one has type 2 diabetes, consider getting yourself screened.

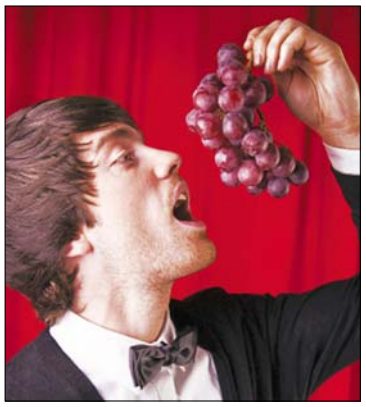
JULIE EVANS (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

STETHOSCOPE

CHILD CARE

Nothing Beats a Toot

■ Sen. Barack Obama's grandparents obviously did a great job caring for the future president. So, maybe the results of a Johns Hopkins Bloomberg School of Public Health study shouldn't be so surprising. They found that when grandparents are taking care of kids, the kids' risk of injury is reduced by about half. Injuries are the primary cause of death for children in the U.S., which is bad. But grandparents are assuming more child care responsibilities, which is good, say researchers.



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BLOOD PRESSURE

Go Grape Nutty

■ Salt is delicious but can be deadly for your heart if you develop high blood pressure. The good news is that scientists think they've found a way to fight back — grapes! Findings published in the Journal of Gerontology: Biology Sciences showed that rats fed a grape powder along with a high-salt diet managed to stay healthier than rats who dined on a high-salt diet alone. The researchers speculate it may be due to the fact that grapes are packed with flavonoids.

VEHICLES

Driving Us Crazy

■ Terrifying stat of the day: One in every 25 American teens without a driver's license drives at least one hour per week. Not worried yet? All right, did you know that these same kids are the ones who are more likely to get behind the wheel after drinking or doing drugs? These freaky findings are reported in the November issue of Pediatrics. Those with lower grades were more likely to be unlicensed, and they often drove without a destination in mind.

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